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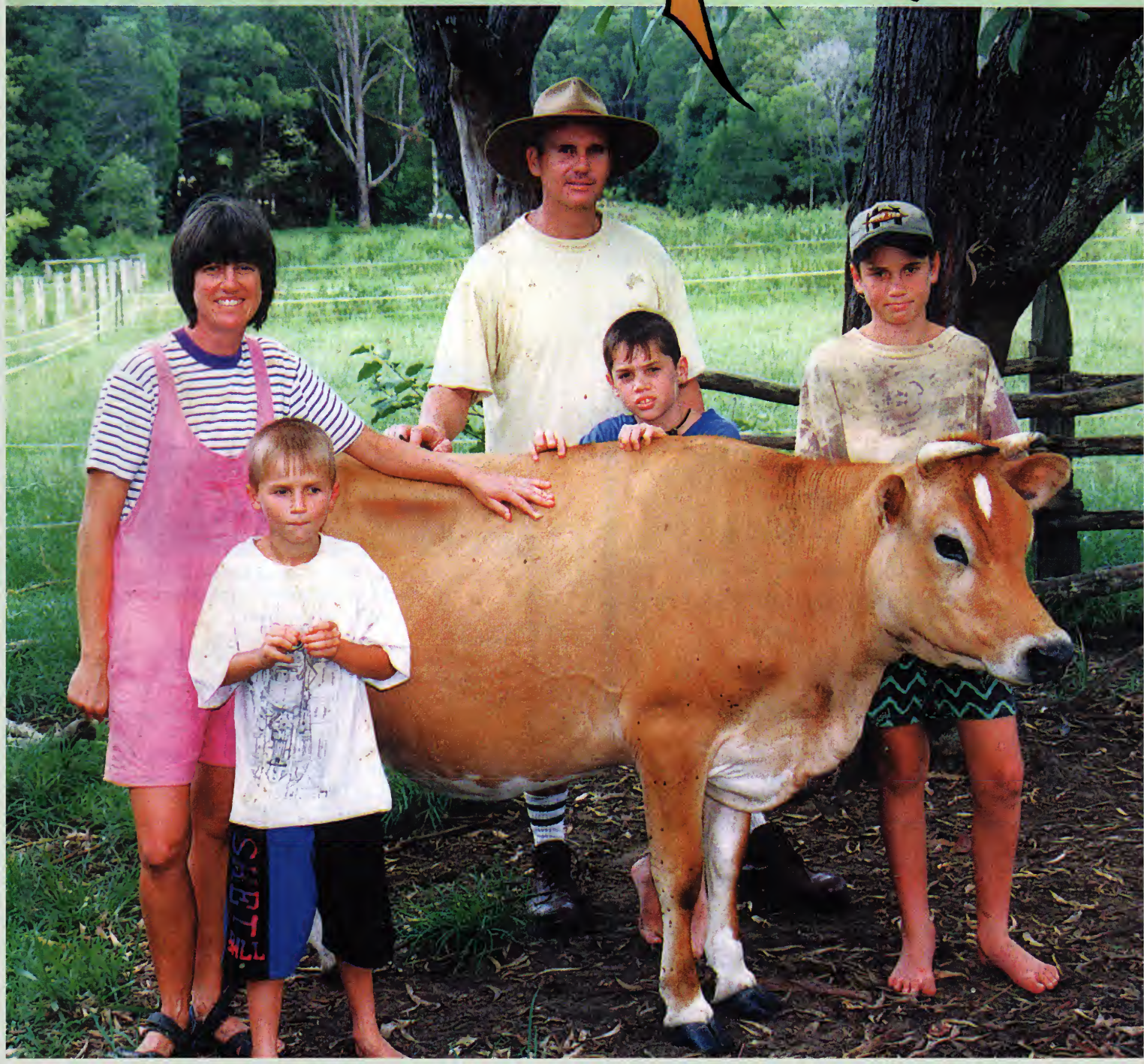
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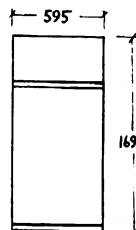
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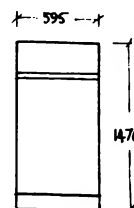
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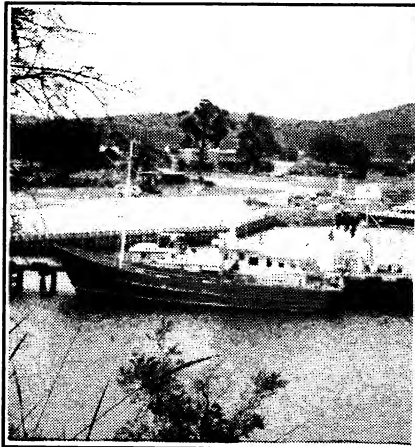


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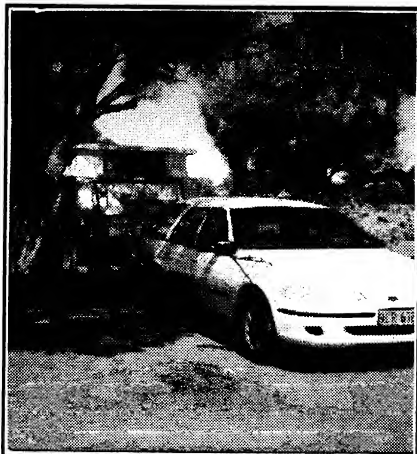
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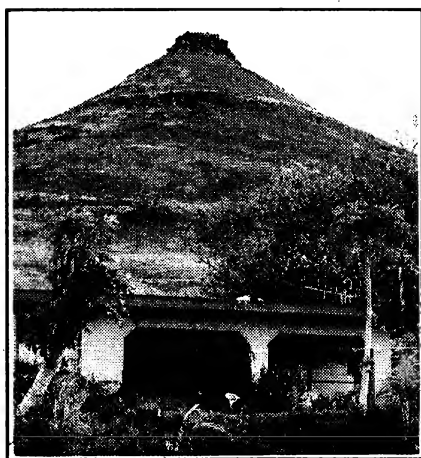
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COVER PHOTOS

Front Cover: Mark and Liz Hanson read all they could about country living, then saved as hard to avoid having loan repayments after they moved. Read Martin Hirsch's article about their new life on page 29. (Cover photo by Martin Hirsch.)

Back Cover: Bushman Eli Quillerat helped *Grass Roots* reader Naomi Robinson renovate her home. Now she is writing his biography. See Changing Lifestyles on page 11.

Edited by Megg Miller and Mary Horsfall.

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GUMNUT GOSSIP

by Megg Miller.

This issue brings to a close our celebratory twenty-fifth anniversary of publishing *Grass Roots*, so it is timely to thank everyone for their congratulatory notes and words of appreciation. We feel fortunate to have been the recipients of so many notes of goodwill and it is indeed pleasing to know the magazine is read from cover to cover by so many. A big surprise has been the number of long-term readers we have, many having started with one of the early issues and still finding the magazine irresistible all these years later. The real achievement for us has not just been that we are still publishing after all these years, but that we have been able to strike the right balance of meeting our readers' needs and make the mag a commercial success. Thank you once again for your generous support. We still have a number of reader's stories that haven't been published yet and look forward to including these in forthcoming issues.

Mary has passed on to me the happy task of announcing the most enticing contribution to 'What's Special About Your Locale'. Promote your own paradise was the theme and that is what many enthusiastic writers did. The contributions were not only interesting, but they introduced us to spots in Australia and New Zealand unheard of previously, or showed us a fresh and highly individualistic glimpse of well known towns or resorts. Choosing a winner was not easy, but Kelia from Upper Lansdowne just pipped other close contenders by a whisker. The natural beauty and nearby attractions of the Manning Valley struck a chord with more of the judging panel of armchair travellers than any other place. Though I personally cannot understand how anyone could overlook a village like Blackheath with its two hardware stores and excellent cafes and coffee. What more could a person want? Congratulations Kelia on your beguiling description and gorgeous photo, you will receive a complimentary year's subscription to GR as will the nominated school, library or environmental group of your choice. Our thanks go to all those who joined in and shared their favourite area. 'No more for now, please,' Mary begged as we discussed this feature in the magazine. 'We have enough for several more issues.' It's wonderful that there are more descrip-

tions to come, as 'Your Locale' has been a handy way to learn more about the attractions of our country. As well, it's nice to know that paradise comes in an array of different guises.

If you want to know anything or to find something or someone, ask the GR readers. We say this continually to people who are seeking what appears to them to be impossible. And we know our readers get results. Now we have need of this network as we've misplaced the forwarding address for a contributor to Feedback in GR no 130. 'Willing Writer' wrote about his challenge from a major disease that mainstream medicine couldn't help, and asked for contact with others in a similar situation who were also looking at alternatives. We have some letters to pass on if this gentleman could contact us. Our apologies too for mislaying your details - we can't blame the possums here because I can vouch that they all stayed behind and are still a nuisance at the old office. We have a second request to make, but along quite different lines. We need Grassified advertisers to take into account changes that have occurred regarding sexist language and to phrase adverts accordingly. We are obligated to be proactive about this and it will be easier for all when changes need to be made that they be made prior to posting. This may sound a trivial issue, but its seriousness is reflected in legislation governing what is or is not permissible regarding gender. Remember it is no longer appropriate to specify in Wanted ads or caretaking jobs that a female is required for one group of jobs or a male for others. I'm sure I

can count on everyone's support in this matter.

When you read through Feedback you will notice a letter of thanks from Pam Cole. Her note requesting further information on an illness just recently diagnosed landed on my desk when I was writing Gumnut Gossip last issue and I included it with the thought that those of you who could help, would. Thank you, my confidence in readers wasn't misplaced. Pam has received a wealth of healthful advice and contacts she can pursue when time and health permit.

From time to time we're pleasantly surprised by the arrival of a gift, something made by a reader that is an expression of their spirit and creativity that they want to share with us. We've received some incredible items, from a loaf of strong rye bread to the handy jug cover mentioned last issue. A few weeks back Keith Upwood (see the 'Walking Stick Cabbage' article on page 33) arrived with the impressive looking magazine holder featured below. Keith made it from recycled materials and so it is not only useful but exudes the lovely golden patina aged wood carries. Thanks Keith - we have no excuse now for leaving our tea room strewn with mags.

There are occasions when I put this page together that I have to gripe and moan and I wonder what impression readers are left with when they read it. For some inexplicable reason this time thank-yous are popping out left, right and centre. Well, I'm not going to com-

plain about that, in fact I hope it leaves you all feeling as good as I do. Now who do I thank for that?



SELF-SUFFICIENCY ON SEVEN ACRES

by Martin Hirsch, Pomona, Qld.

The challenge to turn dreams into reality is a recurrent theme among *Grass Roots* readers. Whether the dream is of increased self-reliance in an urban environment, or involves a move to a country smallholding, the key to success lies in thorough planning. In this inspiring story, Martin Hirsch describes how a Queensland family with a dream of self-sufficiency have managed to turn 'a large piece of suburban habitat' into a burgeoning food forest in just three years. A remarkable achievement and testament to the importance of planning.

Sunshine Coast Hinterland family Mark and Liz Hanson and their three boys have been calling a seven-acre holding north-east of Cooroy their home for three years. The property is nestled in a valley formed by the headwaters of Ringtail Creek. Considering they only moved to the land in April 1996, the transition from what could have been described as a large piece of suburban habitat at best and a continuous lawn-mowing chore at worst, into a fledgling food forest, has been truly remarkable.

PLANNING

Liz and Mark are both former members of the armed services, Mark in the navy and Liz in the army, but stepped into farm life with their eyes wide open, knowing that it would be a far cry from the regimented routine in the armed services.

Quite apart from a deep interest in all things rural, the Hansons had been avid readers of *Grass Roots* and similar publications and stacks of library books on the alternative lifestyle. They enthusiastically perused stories told by other families who had made the big leap from city to rural surrounds and absorbed the endless practical ideas contained in the reading.

The couple who had met in Sydney, had a long-held desire to move onto the land, which Liz explained thus: 'I've always been a gardener, as

long as I remember and my parents were farmers. There was a strong affinity with the land.' She loved animals and the thought of living on a farm became the stuff dreams are made of.

To consolidate their mutual thoughts and aspirations, Mark and Liz sat down and formulated ideas. 'That was about six years before the end of our respective service careers. I left the army early to have a family,' Liz recalled.

A master plan was hatched, followed by saving money to avoid having a debt when moving onto their block. They made their financial decisions in a prudent fashion, knowing that others had gone before them, stuck with mounting bills and no way to meet them, watching grand projects and plans come to a standstill due to lack of cash flow.

RELOCATING

Liz and Mark purchased the acreage in 1994, complete with a low-set home and

in April 1996, the family of five relocated from their urban surroundings. Their youngest, Pete, was a tiny three year old. The boys, then aged three, six and nine readily took to the new venture, far removed from traffic lights, imposing stereo systems and reticulated water supply. They all soon overcame fears borne out of urban living, such as reservations about snakes, an unfenced dam and spiders that lurk in the bush and dark corners. 'You learn to live with them,' Liz commented drily. It was not long before everyone in the family accepted the snakes and indeed all native creatures as part of the natural habitat which grew on them day by day.

Mark's long service leave in the first year was a bonus, allowing him to totally immerse himself in the venture, gradually making headway into the acreage. He worked in a radiating fashion, away from the house which, in the early days, resembled a typical urban dwelling.

PLANTING

Together, Mark and Liz brought in a variety of plants that would form a dense ground cover and revive the depleted soil. Locals had told them the area was frost-free, so they chose sweet potatoes as ground cover and green mulch while also providing a ready food source.

In July 1996, they deep-ripped and rotary hoed. 'Unfortunately,



A bird's-eye view of the Hanson's backyard food forest.

which initially failed because the dolomite had not had time to balance out the mineral content in the soil. The soil test also revealed a poor pH of 4.7.

They were eager to trial several methods and different support species – to find out about those that succeeded most in the new environment. They settled on cassias, Mexican tree ferns, pigeon peas, jacarandas, ice cream beans and wattles, adding poincianas and leucaena. 'Longterm, the jacaranda as a large legume tree proved useful, as did the ice cream bean and poincianas,' Liz remarked. Many of the early plants took some degree of battering as hand-watering became an endless task, but progressive mulching helped save those early plantings, many now thriving.

'Our aim from the start was to provide forests to get the wildlife in. Once they were in, they did a lot of nutrient drop for us. They moved in and now live here,' Liz explained, adding that some birds and marsupials had established little territories on their land.

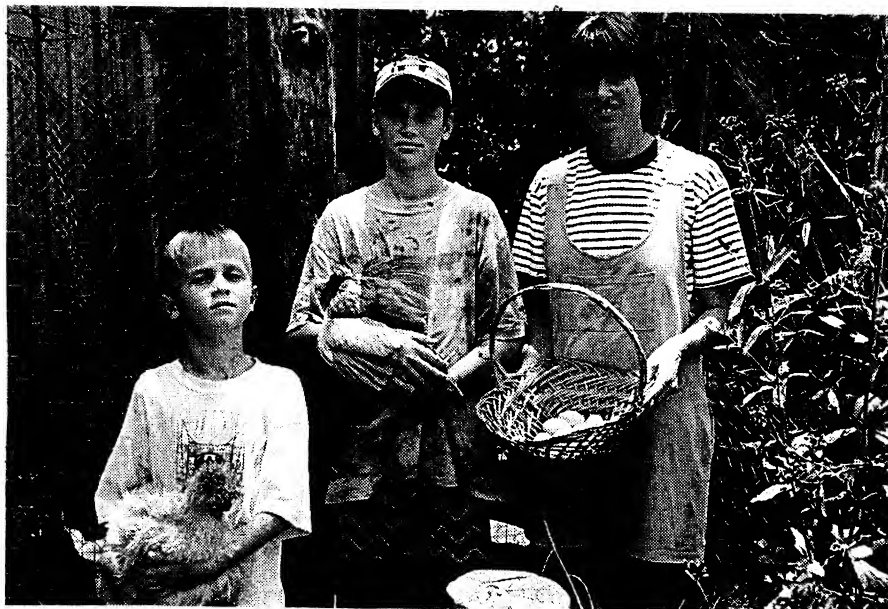
All manner of wildlife has now settled in on the Hanson's farm, including birds of every feather, wallabies and bandicoots. The latter could be forgiven for thinking the sweet potatoes were planted especially for them. But, as Liz says, 'There is enough and we share it with them; besides, they do not damage anything.' Birds supply the ground with their droppings every time they come to visit and harvest the pigeon peas, while leaving the fruit of other trees for human consumption.

PERMACULTURE

After doing a permaculture design course, the couple learnt more about systems. They dug swales to improve water catchment for the plantings. Animals too had been in the plan, but some, like geese and ducks, were introduced prematurely. There was not enough fresh fodder for them and they started to denude newly established plantings.

The permaculture design course brought into focus the ways that life on the farm connected with the principles and details studied. Of course, there are other bonuses, such as cuttings and information exchanged with other permaculture members. Whenever the opportunity arises, Mark and Liz accept seeds from others and try them out in the greenhouse and they very rarely visit friends without coming home with pockets full of seeds.

More recently, Liz has been elected



Pete, Tom and Liz display some of the property's bounty. Liz is confident the boys will benefit from their permaculture childhoods.

vice-president of the Noosa Permaculture Group and she enjoys teaching the topic to anyone prepared to listen and learn. Liz has found her calling in teaching permaculture on the farm, mainly through the permaculture group. Having passed the certificate course herself only relatively recently, everything is fresh in her mind, backed up with solid practice at home each day.

For sons Tom, Glen and Pete, the permaculture environment has shaped much of their attitudes and learning. Liz felt that establishing such an environment was the best thing a couple could do for their children. Although initially restricted, each day brought new discoveries for the threesome – their playground becoming larger as the months went by.

They established a system of walkways and took friends on secret trails and found places to hide. Liz mused that the boys would probably like to call their farm 'the labyrinth' and said it might very well end up with that particular tag.

A LEARNING CURVE

In the three years, which could be best described as a steep learning curve, there are a number of things the pair would have tackled differently, if given the chance over again. To start with, they would not purchase poultry until more established in their surroundings, nor would they plant trees in neat little rows.

Some of their notable successes include the introduction of swales which has resulted in vigorous growth among

SWALES

A swale is a hollow or drain dug to follow the contours of your land. It is meant to pool and absorb surplus rainfall and run-off. It must be dug in such a way as to ensure it is porous enough for water to filter into the ground reasonably quickly, you don't want a water-logged bog. This can be achieved by roughing up the soil surface so it is loose and covering it with gravel, sand and thick mulch – a sprinkling of gypsum in heavy clay soils will aid water penetration. Trees are planted beside the swale so their roots can access the trapped moisture. The overburden can be mounded down-slope or spread where required.

the fruit trees. Stocking the dam with silver perch has provided a ready food source, and the house cows provide not only milk for drinking and the making of cheese, they also give plenty of manure for the gardens.

Mark and Liz readily recommend grafted stock for fruit trees where finances allow because the trees get off to a quick start, providing food early into a permaculture venture. With pawpaws, one need not be so fussy as they bear after little more than two years – after having been planted out from propagated seeds.

In the years to come, the Hansons expect to reap most fruits of their labour, including a plentiful supply of oranges,



The dam provides water for the garden, habitat for silver perch, and recreation for the family.

of cheese, they also give plenty of manure for the gardens.

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into a permaculture venture. With paw-paws, one need not be so fussy as they bear after little more than two years – after having been planted out from propagated seeds.

In the years to come, the Hansons

expect to reap most fruits of their labour, including a plentiful supply of oranges, bananas and a host of stone fruit. Seasonal vegetables are already on the dinner table most days.

Liz enjoys making bread with organic grains and the family delights in eating cows' milk cheeses such as mozzarella and cheddar. The occasional duck makes its way onto the dinner plate and a pig is destined for the freezer.

Mark is handy in producing liqueurs, wines and honey, while Liz dabbles in homemade detergents and moisturising creams. An outdoor oven is on the drawing board for some remodelling in the near future when a friend will contribute his skills in an effort to recreate the oven types of southern France.

In summing up for the next generation – Tom, Glen and Pete – Liz and Mark feel confident of having planted the seed. They are happy in the knowledge that they've brought up the boys in a permaculture setting. 'That's the beauty about permaculture; they'll be able to use it as a stepping stone for what they want to achieve, with the values we've given them but using their own ideas.

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GARDENING WITH EARTHWORMS

by Allan Windust, Mandurang, Vic.

In this article we learn the secrets of earthworm gardening, how to treat earthworms right so they will build your soil for you. Feed earthworms correctly and they will enrich your topsoil and make the plants healthy. Seedlings will grow sturdier and your vegie crop yields will be up to 50 percent greater. And the taste will make any effort worthwhile.

We need to take our lead from nature. In the forests and grasslands earthworms live on dead plant and animal material they find both on and below the soil's surface. As they move through the soil they are continually eating decaying organic matter and excreting it. So, the nutrient-rich earthworm castings are distributed throughout the soil horizons where earthworms live. And since they live in and around the plants' root zones, the plants benefit.

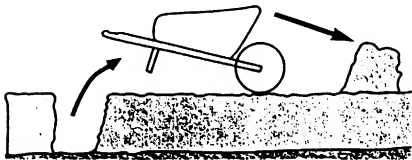
THE NARDOO DOUBLE-DIG

At Nardoo Waters we prepare the ground by a variation of the traditional double-dig method. Since our soil is not too deep to start with we take care not to turn sub-surface on top of topsoil.

If you manage the soil for earthworms as outlined below you should never have to double-dig again. Our soil is silty clay loam, but this method will work in most soils. You can assist the process by sprinkling a handful of gypsum to the square metre to open up the soil.

Step One

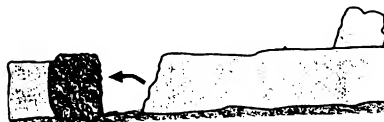
Trench and remove topsoil at one end of bed. Transfer to other end.



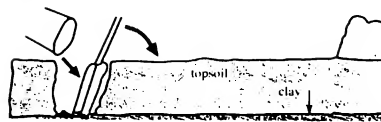
In winter dig out a trench one spade width to clay depth across the bed and place it in a heap at the other end of the bed.

Step Two

Loosen clay at base of trench. Incorporate compost and gypsum into loosened clay.



Allan using a Gundroo Tiller to loosen the soil and make it more earthworm friendly.



Pierce and loosen clay as deep as your fork will penetrate, loosen clay upward by pulling the fork handle toward you without turning the clay. The idea being that you loosen and aerate the clay without inverting it. Tip a blend of gypsum, dolomite, compost onto the surface of the clay. Some will fall into the fork holes.

The Blend: 1 kg of gypsum, $\frac{1}{2}$ kg of dolomite, 2 kg of compost in the bucket. The quantity of gypsum is important, but the other constituents can be measured roughly. Add in a couple of handfuls of vermicast. Spread at a rate of a bucket full per square metre.

Step Three

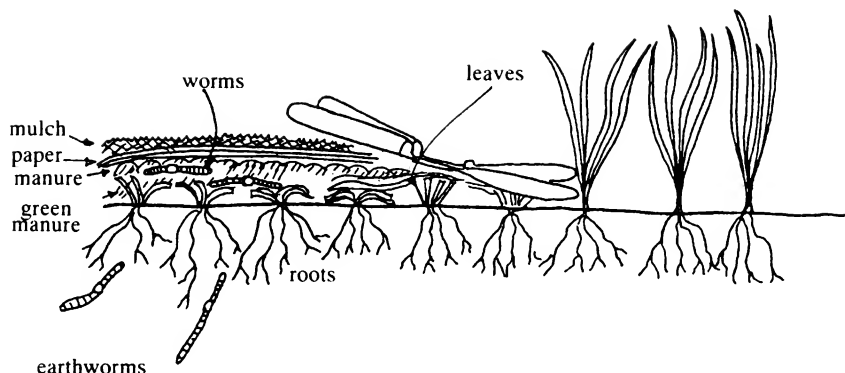
Turn the next topsoil into the first position and repeat the whole process until the end. When you reach the end, the soil heap fills the final hole. Mix a compost vermicast blend into the soil as you turn it over.



FEEDING THE WORMS

Since earthworm cocoons lie dormant in most soils just awaiting the right conditions of moisture, temperature and nutrition levels, you will not have to add earthworms to your soil. It is just as well to mention here that you cannot buy earthworms. The worms that worm farmers sell are compost worms that don't live in the soil.

There are several ways of feeding the soil and earthworms. Here are a couple of favourites of mine. Place cow manure



or old poultry manure on the soil surface. You can add worm castings at the rate of two or three handfuls to the square metre. Add lime or dolomite at a similar rate. The castings will charge up the manure layer with millions of tiny beneficial organisms. You can achieve a similar but slower acting result using compost. The overall manure layer need not exceed five centimetres.

Now cover the manure with a couple of sheets of newspaper. No coloured ink, black ink sheets only. Use only two sheets to allow the soil and the earthworms to breathe. Finally, top this off with a mulch layer of leaf mould or old

manure or pea straw or other weed-free organic material. Since you have used newspaper to block out the light to any potential weeds the mulch layer need only be five centimetres thick at the most, thinner in winter.

We use poultry manure and rice hulls as our mulch layer at Nardoo Waters because the snails and slugs hate crossing its rough surface. So far, cross our fingers, we have no snails. Everyone has slugs.

PLANTING SEEDLINGS

In the summer you will have to water all layers, but in the spring or autumn

nature should attend to watering. Allow the soil to settle for a couple of weeks then plant your seedlings. Simply scrape back the mulch at the selected spot for the seedling, pierce the paper and plant your seedling in the soil underneath. Now let the earthworms garden for you thereafter. The only digging you will have to do is to loosen the soil with a fork, or as Allan uses in the photo on the previous page, a Gunderoo Tiller. Never turn the soil, just loosen it.



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CHANGING LIFESTYLES

by Naomi Robinson, St Helens, Tas.

I wrote an article in GR96 (April/May '93) about renovating my home – a hundred year old church set in the high country of Tasmania. Eli and Shirley Quillerat, a genuine bush couple, 'came through' for me and helped me with various jobs. Eli's picture is on the front cover of GR97 with 'Starwars', the woodfire which he built to heat the church. Eli was a blacksmith for years and is well known all across Tasmania as a genuine bushman, a unique character.

When listening to Shirl and Eli's stories I realised that others would like to share these individuals so I contacted the ABC in Hobart. The 7:30 Report sent Mike Swinson and crew to check out a possible segment for their show. The ABC mob tried to locate Eli's home in the dense bush, but to no avail. They called at my church and I laughed at their frustration because Eli's place is hard to find. In August 1994 Eli hit the big time – he was on TV. He is a true showman and revels in the camera; with Shirley's sense of humour they make a good pair for the crews.

As well as writing Eli's life story and renovating the church, I managed to get an eight-month contract for an advertising job in Sydney, but I had one more job to complete before I caught that plane. The steep gabled church roof had to be painted, which I did in the January heat. Yes, it does get hot here in Tassie. Don't believe everything you read about our weather.

A week later, and sporting a tan you would kill for, I stood back to admire my handiwork. Just then, out of the corner of my eye I detected something moving. I turned my head – a tiger snake was coming straight towards me. I froze, even my heart seemed to be on standby. The snake seemed in no rush and I supposed that was a good sign. It slid gracefully past my feet. I was fascinated by its

markings and effortless movement. Then, with a flick of its tail, it disappeared into the long grass. I'm a believer that if you leave them alone they won't bother you. Shirley told me she disturbed a tiger snake in the mating season and it chased her a hundred yards. Shirl reckoned she would have won every medal going if she had been in the Olympics.

The roof finished, I cleared away the paint cans, stowed the ladders, turned the compost bins, went to the tip, and later that night packed my clothes then soaked in a hot bath. I wondered how I would go in the fast world of Sydney again. Tomorrow I would be on the plane.

The advertising crowd I worked with were really great and I surprised myself by adjusting easily. The only thing that

bothered me was my aching legs and feet. I was not used to wearing healed shoes and walking on concrete footpaths. I soon rectified the situation by wearing sandshoes for my five-mile hike and train journey to work every day.

After my first day at work I boarded the train at Parramatta Station and collapsed into a seat between two young girls. They started a heated argument and their language would have made your hair curl. One produced a flick knife and they proceeded to make stabbing movements across the front of my 36b chest which was suddenly reduced to a 34b as I sucked in the air. Goodness gracious me! What am I doing in such a situation? I was sandwiched in and unable to move.

Luckily, someone notified the guard who called for police assistance and the



Eli Quillerat as a young man, after having ridden his horse Biddy across Cradle Mountain.

girls quickly bolted towards a train door and forced it open a few inches so they could dispose of their weapons. I quickly moved a long way away from the pair. What a great finish to my first day! I would rather face the tiger snake any day.

My time in Sydney went so quickly that it was soon August and time to go home. All my work mates had drooled over the photo on my desk of my church in the mountains. They'd been envious of my lifestyle, but unable to see any other way out for themselves because of commitments.

The day my plane landed at Launceston airport I could see 'my mountain' – Ben Lomond – in the distance, topped with snow and shimmering in the sunshine. I breathed the pure air deeply. Everything is still so pristine in Tasmania. On the ride home a friend filled me in on the local activities that had occurred since I left. I suddenly realised that these everyday incidentals form a bonding in isolated communities.

On walking into the church I experienced the peace that churches seem to hold. I threw my luggage onto the bed and was quickly into hiking gear heading for the bush. The tranquillity was just what I needed after the hurly-burly of the noisy streets in Sydney. After a few weeks I started to unwind, but not for long because while I was away a run-away car had hit my front porch and moved it slightly off its foundations and the garden was waiting for some TLC.

A builder moved the church porch back onto its foundations and I repainted the hallway because of the numerous cracks. Then to the garden – the weeds certainly grow faster than the flowers! I dug and applied more of my beautiful compost, then collected more horse manure from the paddocks and started another brew fermenting. Oh, my aching muscles!

I then started work again on Eli's biography and eventually moved to Launceston all week so I could use the library for research material. Eli certainly had a gypsy life moving around the mining towns and to Flinder's Island. When he was in his twenties he rode his Arab horse across Cradle Mountain from the west coast. He must have been a fine figure of a man as he was about 200 centimetres (6'4") and sat well in the saddle. He has been a blacksmith, tin miner, pioneer, drover and farmer.

In the last few years Eli has suffered a few minor strokes and is confined to bed most of the time. It really breaks my



Tranquil St Helens on the north-east coast, a fishing village and popular tourist haven.

heart to see him like this as he was such a free spirit. Many a time when I visited him in his bush home he would be sitting under a huge gum tree, stroking his long white beard and looking up at the branches. When I asked him what he was doing he replied, 'Just thinking how beautiful nature is. You know, man can't capture nature on canvas. Doesn't matter how hard he tries, he can't do it as good as nature can.' Eli loves the bush.

In the meantime, I decided to sell the church and within a year my property was sold. I was sad, but it was time for changes. I moved to St Helens on the north-east coast to be closer to my mother who is now in her late eighties.

St Helens first appeared on Frankland's map of 1837, presumably named after a similar landmark on the Isle of Wight. In the early days probably only whalers and sealers visited the harbour, but lands for settlement date back to the 1830s. It still has a thriving farming community and is known as a fishing town because of its fleet of fishing boats which gaily bob in the water opposite my new home in Georges Bay.

Tourism is a main industry because St Helens has so much to offer: fishing, golf, tennis, walking in the nearby Blue Tiers. In addition, the beaches along the east coast and around Georges Bay at St Helens provide the visitor with white sands and isolation. In Tasmania you have room to breath, no overpopulation here as yet.

I joined our local bushwalking group

on their walk one Sunday. I'll tell you what, it took me all my time to keep up with a seventy year old, and he had a walking stick. I enjoyed it very much and will go again. We have lots of bush around St Helens and go walking often. I miss my mountain, but have adjusted to my new lifestyle and kinder climate.

I was invited to join the local writers' group and met Rita Summers who writes articles from time to time for GR. Besides writing articles, songs and poems, Rita is into patchwork quilting and other interesting hobbies.

When Victoria had their gas crisis in '98 a lot of people came to Tasmania for a quick holiday. A young couple asked me where they could camp free, so I directed them to Humbug Point inside Georges Bay and informed them that they could get free hot showers at St Helens wharf toilet block. They were amazed that there was no charge. We take so much for granted here.

St Helens has numerous retirees because housing is so cheap. They happily spend summer here then take off to the Sunshine Coast for winters. I am tempted to buy an old cottage with one acre of land, just out of town, but it needs TLC and yours truly turned sixty in February. It's hard working on your own and all tasks take longer. I'll let you know when next I write if I buy or not.

By the way, I loved hearing from you all, but please send an SAE because I had over a hundred letters to reply to last time. Cheers!

A HAND-BOUND JOURNAL

by Patricia Phie, Dardanup, WA.

Several years ago I learnt how to hand-bind books. I was immediately taken by this lovely old craft. Swept up in the romance of images of beautiful, big, medieval-looking books, I decided to make some hand-bound journals. The romance was dulled somewhat when I started to enquire into the cost of book-binding materials. Not to be disheartened I set out on a treasure hunt for alternative materials.

The first material you need to make a journal is paper. I found this a wonderful opportunity to make use of the lovely homemade paper we had stockpiling under our house. Using your own homemade recycled paper is a great way of making your journal more individual as well as being more of a personal achievement.

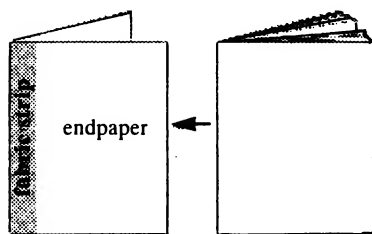
You will also need some cardboard to make the covers of the journal. Cardboard from the backs of old notebooks or something similar will work well (as long as it is at least 2 mm thick).

For material to cover the cardboard just about the only limit to what you can use is your imagination. The thicker and more durable the material, however, the better. If you hunt around you should be able to find some nice off-cuts of upholstery fabric or wallpaper. You can usually pick up these off-cuts quite cheaply and the effect can be quite wonderful.

The only other materials you will need are a large sewing needle; some thick cotton thread; some craft glue; a paintbrush; an old kitchen butter knife; two straight, clean pieces of wood larger than the size of your journal; a couple of house bricks or other available weights; and a creative mood.

SEWING THE BOOK

1. Choose a decorative piece of paper for the endpaper (inside cover) of your book.
2. Fold the endpaper in half and glue a reinforcing strip of scrap fabric on the outside of the fold.
3. Fold your paper in half. Place your folded paper inside the reinforced endpaper.
4. Mark out three sewing points on the spine of the endpaper.

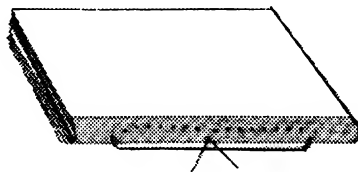


Sewing The Book: Steps 1 - 3



Sewing The Book: Step 4

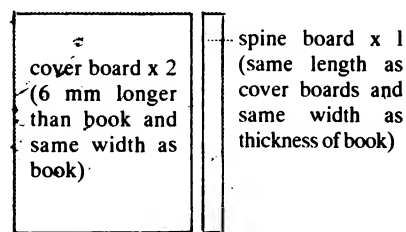
5. Thread your needle, but don't knot the end of the thread.
6. Sew from the outside of the book through the centre mark, leaving about 7-8 cm of thread protruding on the outside.
7. From the inside of the book sew through the mark at the head of the book to the outside.
8. Take the thread down the spine of the book and sew through the bottom mark to the inside of the book.
9. Sew back through the centre mark to the outside of the book.
10. Cut the thread leaving about 7-8 cm again protruding from the book.
11. Tie both protruding threads together and cut short.



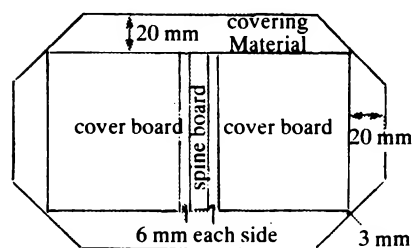
Sewing The Book: Steps 6 - 11

COVERING THE BOOK

1. Measure and cut the cardboard for the front and back covers and spine of your book as shown.
2. Measure and cut your covering material as shown.
3. Mark on the underside of the material



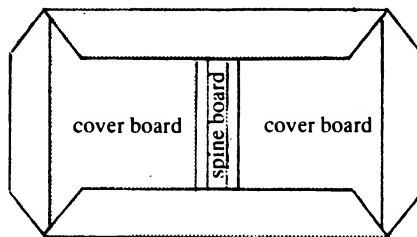
Covering The Book: Step 1



Covering The Book: Step 2

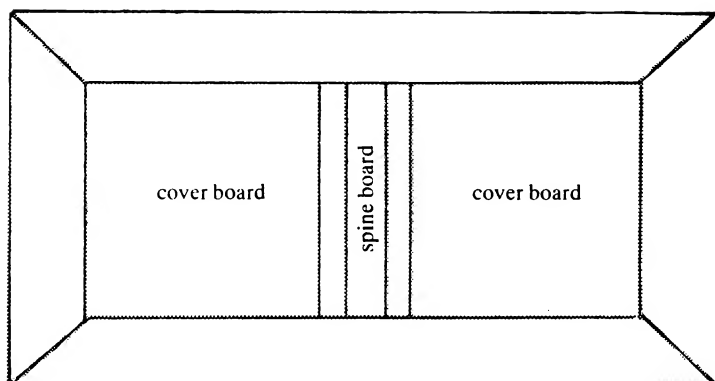
with pencil where the boards will be glued.

4. Remove the boards and, using your paintbrush, coat the underside of the material with a thin, even coat of craft glue.
5. Place the boards in position and fold down the head and tail of the material onto the boards. Rub down the material with the handle of your butter knife. This will smooth down the fabric and help it to adhere better.

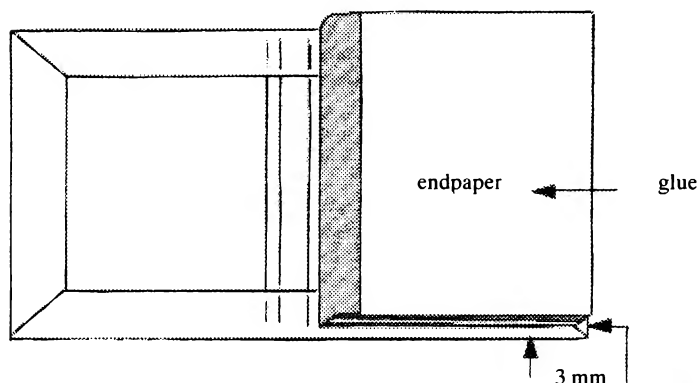


Covering The Book: Step 5

6. Tuck in the corners of the material and fold the sides down onto the boards, rubbing them over with the handle of your butter knife.
7. Turn the cover over and rub down the outside with your butter knife handle.



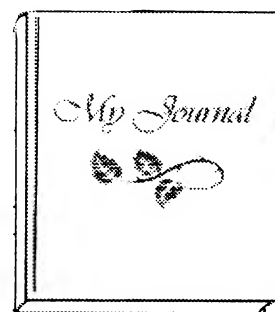
Covering The Book: Step 6



Attaching Cover To Book: Step 2

ATTACHING COVER TO BOOK

1. Using your paint brush, give a thin, even coating of glue to the outside of the front and back endpapers of your book.
2. Place the book on one side of the cover, leaving a 3 mm overhang on the outside edges.
3. Pull the remaining side of the cover tightly over the book.
4. Using the handle of your butter knife, rub a groove down each side of the spine to form a hinge.
5. Place your book between two pieces of wood and weigh down with house bricks or other available weights. Leave for about 24 hours to dry.
6. Sit back and admire your beautiful journal!



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PREGNANCY CARE

NATURALLY

by Cindy McMahon, Glenreagh, NSW.

When considering any treatment during pregnancy we need to be careful, as any substance which has a stimulating action, even a mild one, on the muscles, could have a similar effect on the womb. This could cause premature labour, or bring about major complications.

One of the most popular herbal remedies, although often taken too early, is raspberry leaf tablets or tea to tone the uterus. It also seems to help the uterus work more efficiently with minimum pain. Raspberry leaves should not be taken before the last month of pregnancy, as some believe it could, before this time, cause an early labour, although this is debated between some specialists.

However, there are many safe natural treatments available to help with most common complaints throughout pregnancy.

MORNING SICKNESS

Morning sickness is one of the first common complaints you may feel during the early months of pregnancy and there are many simple effective natural therapies to help. The simplest of these is to add a drop of either ginger or peppermint oil to a tissue and smell the vapours. The use of ginger is widely known for reducing the effects of motion sickness without drowsiness. As morning sickness is similar in effect, many women have successfully taken ginger to soothe the symptoms.

It is also common practice for ginger to be chewed either in its fresh or crystallised form. It can easily be made into a tea and sipped frequently. Take no more than two grams a day of the dried rhizome.

Making biscuits with fresh ginger, and nibbling these when the need arises, also seems to help. This temporarily raises the body's sugar levels, another common cause of morning sickness, while providing the added benefits of the ginger itself.

BLOOD PRESSURE

Low

Low blood pressure is a common manifestation of pregnancy. This can be helped by regular doses of ginger tea or crystallised

ginger, as well as avoiding hot baths and stuffy areas. To ensure the faintness caused by low blood pressure is not increased by low blood sugar, eat small regular healthy snacks throughout the day.

High

If high blood pressure is a problem, you need to have this checked regularly by a doctor. As well as orthodox treatments you can try natural approaches. It is important to try to get as much rest and relaxation as possible (often difficult with young children around). Safe, gentle herbal remedies that may help are lime flowers or cramp bark teas. You need to avoid stress as much as possible. If stress is known as a cause, try valerian as well. Valerian is a relaxant and an antispasmodic. It helps calm nervous tension and anxiety, while promoting sleep, therefore helping reduce blood pressure.

STRETCH MARKS

Stretch marks occur when the pressure on the skin is greater than its elasticity can cope with. Plenty of vitamin C and related substances containing rutin and collagen are of great benefit. These are found naturally in fruits, especially the citrus family, therefore you need to ensure you include a substantial amount in your diet. Vitamin E cream rubbed into your abdomen and breasts will keep the skin supple and healthy, so reducing the effects of stretch marks.

FLUID RETENTION

A common problem in later pregnancy is fluid retention. Most women experience swollen ankles. The best remedy for this is dandelion leaves taken as a tea, one teaspoon of leaves to one cup of almost boiling water, every three hours until you notice you are passing more water and the swelling subsides. After this take one dose as required. Unlike other diuretics, which should be avoided, dandelions are naturally so rich in minerals that with each dose you automatically provide a good measure of minerals, therefore the amount of minerals you lose while passing water is of less concern. The leaves can be used either dried or

fresh. Dandelion is also useful as a stimulant to the appetite, the function of stomach, and liver, and in a gentle way to the bowel.

AFTER THE BIRTH

St John's wort oil with added lavender oil can be used to heal the perineum after birth. Fenugreek, fennel and caraway help promote milk production. Calendula cream is effective for nappy rash and cracked nipples. And for the dreaded mastitis, bruised cabbage leaves applied to the breast, and echinacea taken internally, relieve the pain to some extent.

These are the most common problems, and to my knowledge, the safest remedies. However, consult a herbal practitioner and/or your doctor if any unusual symptoms develop. For the majority of women these remedies will not harm, but for the minority there is always the risk of an unusual or allergic reaction.

With thanks to Fiona Dey for help with validation.

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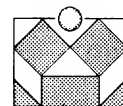
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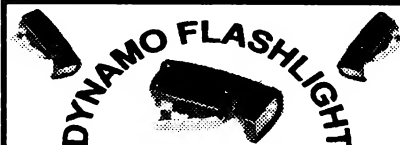
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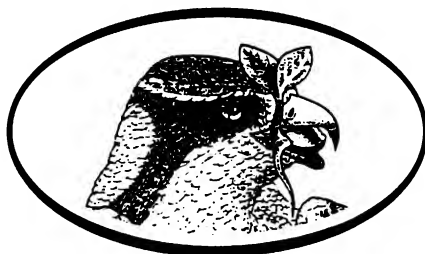
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IS YOUR CAR SAFE?

by Gunter Glaser, Gracemere, Qld.

I wish to enlighten you about a few possible defects your car may have, without you realising it. Whether you realise it or not, ignorance is no excuse in the eyes of the law and nowadays you may even get demerit points on your licence for defects. I learnt the hard way, then I did a little research and here is what I found out.

WINDSCREENS

Many factors may reduce your forward vision and create a possible safety hazard. The main factors which should be checked are: actual windscreen damage, such as cracks, chips or discolouration; windscreen wiper damage, blade perished, or not working at all; dirty windscreen, either on the inside or the outside surface.

To determine whether your windscreen is safe or not (that is, no longer complies with the minimum safety standards), check the table, which refers to figure 1. The table also indicates whether the defect would pass the minimum safety standard.

WHEELS AND TYRES

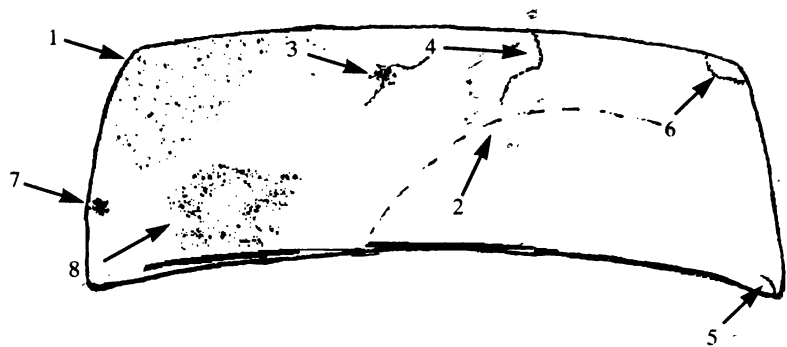
Next we'll look at wheels and tyres. Are your wheels and tyres safe? Major factors are:

- tyre inflation,
- tyre and wheel condition,
- fitting of suitable wheel nuts and studs,
- tyre and wheel compatibility,
- valve condition,
- fouling of tyres on other parts of the vehicle.

Wheels

All wheels must be securely attached to your vehicle by the correct number and type of nuts or studs as specified by the manufacturer of that vehicle. Wheel studs or nuts must not be loose, broken or badly corroded, and must engage at least the same thread depth as specified by the manufacturer. Wheels must not be cracked, bent or buckled and must not have out of round holes. All wheels must be the same diameter and width, except where otherwise specified by the vehicle's manufacturer.

Figure 1



Fault	Minimum Safety Standard
1. Badly sand blasted or scratched	Fail
2. Any obvious chip, scratch or crack which may interfere with the driver's vision	Fail
3. A star fracture with runs	Fail
4. An unfinished crack	Fail
5. A diagonal crack within 100 mm of the windscreen corner	Pass
6. Finished crack which is outside the swept area of the windscreen wipers.	Pass
7. Small star fractures without runs, outside the swept area of the wipers	Pass
8. Discolouration caused by delamination of the glass, which is inside the swept area of the wipers.	Fail
Other factors which would not pass a road worthiness inspection are:	
• wipers which are inoperative,	
• wiper blades which scratch the windscreen,	
• wiper blades which make contact with the windscreen pillar during operation.	

Tyres

All tyres must be compatible with the wheels to which they are fitted. Tyres must not be mismatched, they must all have the same specification. Regrooved tyres must not be used on passenger vehicles used on public roads. All tyres including the spare tyres must have at least 1.5 mm of tread depth on all parts of the surface which is normally in contact with the road. All the tyres on your car must not have any deep cuts, bulges, exposed cords or any other sign of a damaged carcass.

Valves must not be damaged, perished or loose. The wheels and tyres under any steering or suspension movement must not come into contact with any part of the vehicle other than their mounting point. The wheels and tyres must not point past the outer width of the mudguard when they are in the straight ahead position.

Most of these safety standards can easily be checked at home by motor vehicle owners, also advice can be sought from a reputable service station mechanic or from your local transport inspector.

TIPS FROM THE TRAVELLING TRIO

by Ray, Trudy & Adele Smith, on the road.

Inspired by Ray Taylor (GR126) and your column 'What's Special About Your Locale?', I put pen to paper in the hope we might help someone to start. Start what, you may ask – The Big Trip. We are two adults and one six year old, travelling in a Falcon station wagon and 17 foot (5.18 metre) pop-top caravan. We left Perth (WA) on 17th September, 1997, very green and full of enthusiasm. We hadn't towed anything bigger than a box trailer prior to our trip and have learned as we've gone along.

I was appalled to read Ray encouraging people to drive at night. Through our experiences we have found this to be the most dangerous time. We travel as much as possible between 9am and 3pm and avoid towing on weekends. We have found most of the trucks rest through the day, making towing less stressful. We are currently (April '98) on the Gold Coast and have travelled approximately 17,000 kilometres to get here.

A few things we have found make our life more comfortable.

- Only take the items used every day. Remember, basic space is restricted and extra equipment makes your van heavier to tow.

- Check water quality before filling your tank and carry 1 x 20 litre container extra.

- Carry one large multi sink plug for bath and laundry and one small multi for hand basins (lots are stolen).



The first bush camp, just south of Glendambo.

- Fresh fruit and vegetables are hard to get in lots of places. We carry two tins of corn, two tins of tomatoes and 500 grams frozen peas. Replace as used, remember tins are heavy. Noodles, rice and spaghetti are great.

- Be aware of agriculture check points as you will lose all fruit and vegies and fruit boxes. Definitely no plants.

- Talcum powder on van legs deters ants.

- 8-10 metres of food-safe water hose is best.

- 8-10 metres sullage pipe.

- Carry various coins for laundry and BBQ, usually \$1, \$2, 20 and 50 cents.

- Multi-fit tap connector: 1/2", 3/4", 1".

- Due to the small fridge in the caravan, the storage of fruit and vegies is very difficult, as they are bulky. Don't overbuy or it will go to waste, especially when it is humid.

This may seem a lot to take, but we have found this makes our trip safer and hassle-free in view of the length of time we are away. Hoping we have assisted someone and please keep up the good work. We are buying each issue while we are travelling.

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HOW TO GAIN OFF-FARM INCOME ON FARM

by Karen Long, Miles, Qld.

On the outer Barcoo, where the churches are few, and the men of Religion are scanty . . . (apologies to Banjo Patterson).

Where? Do I hear you say. Where really doesn't matter, it could be any rural area in Australia. When we first moved to Mt Marlow Station (Karen, Steve, Dean and Jade), I had always worked, even on the previous stations we had lived on, and here there was no work. How was I to generate much-needed income? There were no jobs in our nearest town, thirty kilometres away, and driving any further was too expensive fuel-wise, so I decided that I had to be able to work from home (Dean and Jade were then 4 and 1).

In the following article I will describe some of my jobs. Some, like the casual journalist positions, I created for myself by ringing the papers and asking if they would like me to provide a service. Others, like the sewing and keyboard lessons, I was asked if I could provide the services, and still others I saw a demand in an area and decided to fill it. Most take little or no funds to set up and mainly require your time.

WORKING FROM HOME

Casual Journalist

Requirements

fax machine, handy but not necessary
typewriter, essential unless you have neat handwriting

35 mm camera, any sort will do

Contact your local newspapers and enquire if they would like the services of a correspondent from your area. Many are only too pleased to get local information. Articles can be delivered, faxed or posted. They provide films for pictures and will pay for developing these. Pay is variable depending on how much you write and how much is printed. I get paid twenty cents per square centimetre printed.

Direct Marketing

Requirements

phone
transport or some way to deliver the goods

Avon filled a demand in the community for everyday toiletries, clothing and gifts, lines unavailable due to minimal shopping facilities. You are required to buy the brochures sent to customers, but otherwise there are no set-up costs. My area is large, with my furthest customer one hundred and thirty kilometres away, and I use the mail contractors to carry orders and brochures to save transport costs. Earnings are based on a percentage of what you sell.

Other direct marketing and party plan organisations may offer goods and services which there is a demand for in your area, so do some research beforehand.

Sewing

Requirements

a reliable sewing machine
ability to sew

I was actually asked to do some sewing for a lady who noticed that I made a lot of my own and my children's clothes, but you can advertise your services locally. Many people don't have time to sew or can't, and so value a reliable service. Earnings are around \$8 per hour plus materials.

Craft Work and Gift Ideas

Requirements

an outlet to sell items
a creative flair and an interest in craft

a knowledge of what customers want

This is a fickle area of work, so a lot of thought and research must go into it initially. Finding somewhere reliable and suitable to sell goods is the first priority. Think laterally here and don't only look at craft and gift shops. Mine are sold at the local post office – there is a steady stream of a variety of customers, so your work is seen by many. If selling goods in a shop, find out what commission they will charge and whether they will purchase your goods or only have them on consignment.

Find out what sells in your area. My husband makes leather belts. Why? Someone heard he could make them and asked for one, and it has snowballed from there. Make a variety of things to test the market and see what will sell. Keep accurate records of sales, prices and costs, and take note of special occasions such as Mothers Day.



The shearing shed and yards at Mt Marlow – the isolated location was no bar to off-farm enterprises.

Keyboard Lessons

Requirements

ability to play and teach the instrument
access to the instrument

I happen to teach the keyboard (piano), but any musical instrument could be taught. Lessons can be at your home, the student's home or at the local school (watch travel costs with these last two). You don't need to be a registered teacher or a virtuoso to teach. An agreement with the school is necessary if you wish to teach there, as students usually miss class to attend their music lesson.

Lessons are usually 30 to 45 minutes duration and you should receive a minimum of \$7 per lesson.

IN YOUR LOCAL COMMUNITY

I also found a demand for people to undertake certain jobs in the local community which was not being met. All jobs are of a casual nature.

Relief/Supply Teaching

Requirements

current teacher's registration (Qld)
teaching qualifications
phone and transport

Many rural communities have small schools and have great difficulties in sourcing relief teachers if a teacher is sick or has to be away for any reason. I saw a need for this in our area and com-

pleted two years external study to gain my teaching qualification. The income is good, over \$100 per day.

School Cleaning

Requirements

phone and transport

Small schools have a permanent cleaner and one or two relief cleaners in case the permanent cleaner is away. Pay is around \$13 per hour.

House Cleaning

Requirements

an ability to clean efficiently and at a reasonable speed

Most tools and cleaning solutions are provided by the householder, but you may need to supply your own in certain situations.

In rural areas people sometimes require the services of a cleaner – new baby, spring cleaning, shifting house. Some may require a cleaner on a regular basis also. Advertise your services locally and don't forget to take into account travel costs. Rates vary from around \$8 to \$14 per hour depending on what you are required to do and what you have to supply.

If you combine one or more jobs, they can provide you with an extra income to that sourced from the farm, and it isn't reliant on the markets or the weather! There are probably many other

jobs out there, just use your imagination!

Finally, always keep accurate records of each jobs' income and expenses. After 12 months, analyse each job to see if you are making a profit and if it is worthwhile continuing. Be innovative and think laterally when searching, and try to create your own jobs as well. Happy hustling!

Karen and her family have recently left Mt Marlowe Station and moved to Miles, where Karen has taken up a full-time teaching position. On behalf of all GR readers who have enjoyed her stories of station life over the last few years, we wish Karen, Steve, Dean and Jade success and happiness in their new home.



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A PENCHANT FOR PRICKLY PEAR

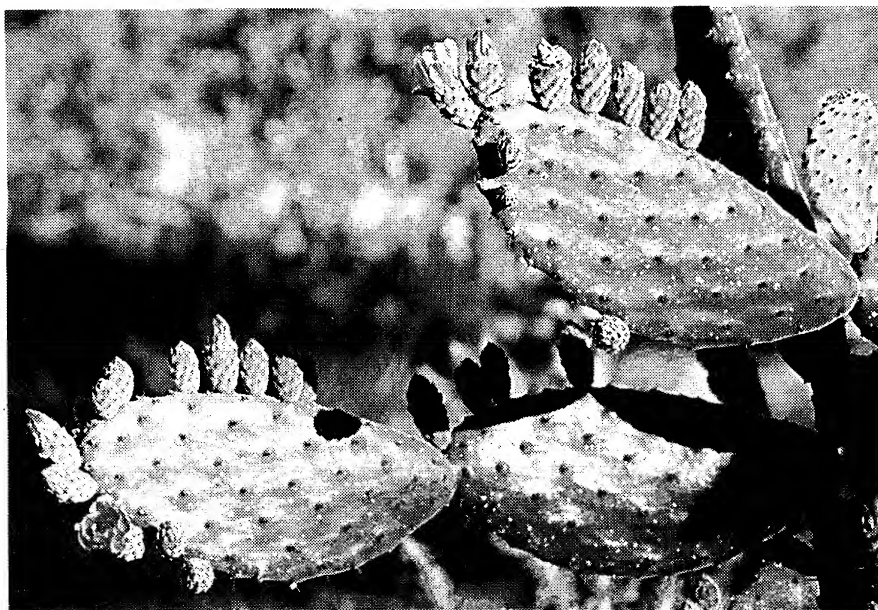
by Pam Odijk, Bribie Island, Qld.

The Spaniards introduced prickly pear to Europe from Mexico in the 16th century and it soon spread all around the Mediterranean, and from there to England. It appeared in Australia with the first white settlers. By 1900 an area of 4,000,000 hectares was affected and by 1920, it was spreading at the rate of 500,000 hectares per year. By 1925 an area of 26,000,000 hectares was affected. So no wonder it was (and still is) regarded as a pest – a noxious weed.

It defied eradication until a cactus eating insect, namely *Cactoblastis cactorum*, brought from Argentina and southern Brazil, was introduced. The war against the prickly pear was won with the help of this small insect, to which there is a monument at Dalby, Queensland. At Boonarga, a dairying and farming area near Chinchilla, a hall was once built bearing the inscription 'Boonarga – Cactoblastis – Memorial Hall'.

In southern Texas (USA) prickly pear cactus has been a delicacy for over 200 years. There, the young tender shoots are frequently called *nopales*, *tunas*, or Texas figs and are usually roasted or grilled. They can be bought fresh, with spikes removed, at Hispanic and Latino markets. For salads, they are usually grilled, or boiled for half an hour in water to which a little salt has been added. The water is changed after the first 15 minutes. Tinned *nopales* can be found in supermarkets.

The pear has not been totally eradicated in Australia, and can still be found in various parts of the bush. If you come across one in fruit, you can eat the fruit raw by slicing it open lengthwise and digging out the flesh. Or, you can make yourself some prickly pear jam or jelly, or try the young tender shoots the way the Americans do. However, great care is required in preparation as the prickles and spikes on the fruit and leaves can cause painful injuries. Wear thick work gloves to pick the fruit and gloves while processing it. Place the prickly pear fruit, or the young tender leaves, in boiling water to soften the prickles, then, with gloved hands and using a sharp knife, scrape off all the prickles.



Despite its protective prickles the prickly pear makes good eating.

RECIPES

Prickly Pear Jam

prickly pear fruit at the just ripe stage
sugar (375 g to each 500 g fruit)

Peel the spike-free pears, cut them in half lengthwise and weigh the fruit. Place in a preserving pan and sprinkle with approximately half to one cup of sugar and allow them to stand for 12 hours. Boil quickly (add a little water if necessary) for about 30 minutes, then add 375 g of sugar to each 500 g of pear as weighed and boil at a good rolling boil for about an hour, or until setting point is reached. Allow to cool, spoon into clean jars, cover, seal and label. This jam is a rich wine colour.

Prickly Pear Jelly

48 ripe prickly pear fruit
500 g of sugar to each 2 cups of liquid as measured
juice of 3 lemons

Prepare the prickly pear fruit in a similar way as for prickly pear jam. Cut the pears into pieces, add only a little water to stop the fruit from burning, and boil for an hour. When cool enough to handle, strain through a jelly bag for about 8 hours. Add the juice of 3 lemons. Measure the jelly, and add 500 g of sugar for every 2 cups of jelly liquid. Bring all to the boil and boil

quickly until setting point is reached. Allow to cool slightly, spoon into clean jars, seal and label. This jelly is a rich crimson colour and very clear.

The best way to strain any pulp through a jelly bag is to make a bag from calico to resemble a wind sock with the end closed, large enough to hold the fruit pulp and also so that each corner of the bag can be folded over or secured to a leg of an upturned kitchen stool or chair. Place the chair or stool upside down on the kitchen table. Place the container into which the jelly is to flow under the bag, but some distance above it so it does not touch, and leave overnight.

Texas Fig Salad

2 cups of *nopales* (the young tender shoots, prepared as indicated), cooled, then sliced or diced

2-3 ripe tomatoes, chopped
1 sliced onion
1 tsp minced garlic
1 fresh chopped chilli
juice of half a lemon or lime
1-2 tbsp extra virgin olive oil
2 tbsp mild cheese grated

Combine all except the cheese and refrigerate. Just before serving, sprinkle over the cheese.

A HOLE IN THE GUMBOOT

by Lyn Rudling, Devonport, Tas.

We had a dream for a long time. We wanted to live on a small farm, 'do' for ourselves and enjoy our animals with a quieter pace of life. Weekends were spent driving in the country and reading self-sufficiency books. After research into different types of climate we decided on the north-west coast of Tasmania. Green, with fertile soil and small village-style pockets of houses. A quick holiday to confirm our ideas had us buying a home on five acres without any more delay.

Be warned – don't just look before you leap! Our views were incredible and the quiet felt soothing. The township lives in a valley and our old house sat close to the main road, sloping down at the back to two acres of flats before the river. We were in heaven!

Back to Canberra and down to the supermarket for cardboard boxes and packing paper. The first few months were wonderful. Daughter bribed by the promise of her own horse was settled into a local primary school. So many exciting projects to start, ani-

mals to consider – and their names.

Reality did start to creep in as the house needed rewiring and gutters replacing before the rain set in. All this was easily pushed to the back of our minds by the arrival of young guests. Three steers to keep the grass down, our first Jersey calf, baby Angora goats and of course, orphaned lambs.

Strangely, our attention was then drawn to the state of the fences. Split post and rail fences look picturesque, but do not last forever in the ground. Some new skills had to be learnt in a hurry. Imagine one new farmer in his gumboots, arms waving at errant cattle, while his wife is hiding behind a bush pretending to do up her shoelace! More money, lots of fun, and we were getting to know our neighbours.

The river flats we left for now to keep for future 'money-making' crops. Before the river was controlled it used to flood these river flats every winter so we knew the soil was good and silted but the self-sufficient veg-

etable garden needed to be much closer to the house.

Originally, the river was much wider so the back slope was covered under that green grass amongst millions of river pebbles. This is very jarring and difficult to dig and cultivate. About this time we decided my husband should return to town work for a time to supplement our cash flow.

There is a problem with five acres of land. It is too big for one female and her spade, but really too small to justify a tractor or cultivator.

We did not cultivate those bottom flats. We had lots of fun and kept fit and healthy. We adored the animals and they provided lots of memories, some sad and many many happy times.

Five years later we have moved to the nearest larger town. It was not forever as we thought. It was a dream we just had to try. We have our happy memories and maybe one day soon we will have another go at it, and, as the old saying goes, 'we would not have missed it for the world'.

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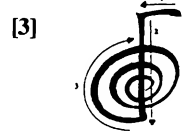
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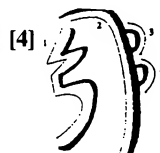
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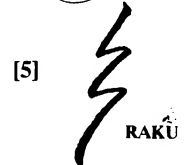
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LOVE IS BLIND

by Jillian Nelson, Badjingarra, WA.

I fell in love with this tall handsome young man with a university degree in Ag Science and who lectured at the university. I am a Triple Certificate Nurse. He knew it was no good having a degree unless he could put it into practice and so he bought this farm (mostly grey sand) at Badjingarra – a three-hour drive from Perth on the Brand Highway halfway to Geraldton.

They say 'love is blind'. It must have been, as while going to the farm before we became married I didn't notice this handsome young man wiping the bird droppings off the old settee in the tin shed where he lived. There he sat me down and proposed to me – that was 20 years ago.

Love is blind because the birds (which perched on the rafters above at night) along with the mice and snakes, continued to share these living quarters of our tin shed on the farm. Each week we commuted to the farm from Perth and when our first baby daughter arrived, she travelled with us in the washing basket on the front seat of the ute so that we could all fit in. When I look back over the years I am amazed how I survived.

I remember sitting on the 'open air' dunny as a snake slithered slowly past my foot. I've never jumped up so quickly in all my life, screaming out for my husband, Jonathan. He came running to my rescue along with an old bachelor from the farm next door. I cannot recall who was more embarrassed, him or me, but I had managed to drop an old plough disc on top of the snake which cut it in half. We never did find that front half, only a snake nest under the concrete slab of the loo.

Then there was the day I was jammed on a grass tree stump in the ute with a fire raging all around me. We were having a big burn and I'd come out with smoko for the guys. The only man near enough to help me was an old alcoholic, so all I could do was pray. Fortunately, another man appeared out of the smoke in the nick of time. That poor old ute had to do service as a truck.

In one of those drought years of the seventies we had run out of water late one February and were carting 700 litres (150 gallons) at a time up to the farm from the Coomallo bore tank four kilometres away because the sheep had been without water for two days and they seemed to drink it faster than I could cart it. When I went for a second load I found to my dismay, a huge tanker there ahead of me draining the tank. I was heavily pregnant at the time and that farmer must have wondered about the distraught look on my face. When he found out I was carting for the sheep he insisted on following me back to the farm and pumped all his water load into our tank.

Then I recall the night our second daughter, Heidi, went missing. She was nearly three and was rather naughty. Not having liked being disciplined she said she would leave home – and did. Night fell and she was still missing. How relieved was I when Jonathan came home with her. She had seen his truck across the valley in the paddock where he was seeding and walked all the way and climbed in!

Farm kids have to be tough. My husband and I had to go to the back of the farm to chain 200 acres which had been ploughed. We piled numbers three and four (Bethany & Eloise) into the tractor cab with a picnic lunch and set off the five kilometres. In the middle of the paddock we put the two babies on the tarp, together with the picnic basket,

and then chained around them. Unfortunately, it began to rain when we were down the far end, but we need not have worried, when we came back past them we found they had crawled underneath the tarp and were completely dry, but Oh! Covered in kangaroo ticks.

During one of those trips to the farm, driving in 40 degree heat and jammed into our '66 Minivan, we decided to buy ice creams at Muchea and found it was cheaper to buy two litres, however, it was a mad race to eat it before it melted in the heat. Even the van melted. We only got as far as Boothendarra Road, ten kilometres from home, when it stopped. Jonathan hitched a ride to go and get the tractor. While he was gone a truckie took pity on this young woman stuck by the roadside and kindly offered to tow me and the children to the farm. We looked like a tin can tied to a dog's tail.

There's no room for freeloaders on the farm, Jonathan decided, so the useless rooster had to go, but we hadn't realised animal lover Bethany would feel so strongly about it. 'Daddy,' she exclaimed. 'You b....., you shot Emily's (the hen's) boyfriend.' I am not sure who to blame for the language.

We had no electricity at first so I used to wash in the old copper. Trying to be helpful, I told the shearer's wife she was welcome to use it. So in went her white nappies, along with all the shearing clothes and jumpers. They

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boiled together merrily, but what a sight when they were all extracted, jumpers a third of their size and grey nappies!

Overnight, before shearing, we had to put up with the sound of the rams running their horns along the corrugated iron of our tin shed. Our plant was a single stand with a smokey Villier's motor which not only gassed us out, but the noise was amplified by the tin. Our baby girls were able to sleep through it all. One of the joys of living in the tin shed was opening the door and there was lunch in the form of mushrooms, and wood for the old Metters stove.

To keep the girls from freezing in winter we used to cover their cots with blankets and then find mice and bird droppings on them in the morning.

Still, love is blind and we accepted it as part of farm life and the girls have always enjoyed living on the farm. Community support is really great in times of tragedy. When our son died at birth we arrived home from the hospital to a kitchen full of food, flowers decorating the house, and the promise of 100 pies! Fortunately, whoever took the message about the pies got it wrong and we were pleased when a team turned up at our place and planted 100 pine trees in a spot we now call 'Daniel's memorial'.

My most remarkable night was waking up at midnight and having five-minutely contractions nearly two weeks early. There was little time to gather our three daughters along with their clothes

and my case. We all bundled into our car (Valiant station wagon) and headed for Perth and hospital. However, we only got as far as Cataby Roadhouse when I felt my baby was about to be born. Jonathan raced to the phone to call an ambulance, then raced back to find me giving birth in the front seat with three heads peering over from the back. Despite the trauma at the time, it was precious being all together as a family during the birth. In true Badjin-garra style we all pitched in. Mum pushed, Dad took the catch and the girls cheered on. Eloise is often called 'the Cataby Kid'.

HERB INDUSTRY NEWSLETTER

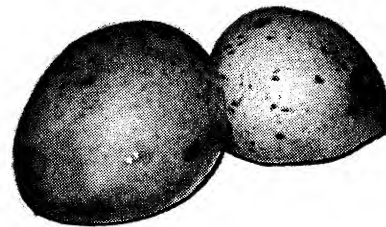
The Australian Herbal Connection Newsletter covers all practical issues in the herb industry and regular industry updates. Within the scope of the newsletter are culinary and medicinal herbs, both fresh and dried, vines and trees, plus the important subject of how the healing industries relate to the growers and manufacturers of material. The newsletter has been designed as a forum for the exchange of ideas and information between growers. Learn from the hands-on experience of other growers, and share your lessons with them. Subscriptions are annual and due on July 1.

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SWEET MANGO WINE



- 2.25 kg mango flesh, without stones or skin
- 1.5 kg sugar – as syrup
- 250 g raisins or sultanas
- 1 tsp pectinase (pectic enzyme powder)
- 1 tsp yeast (recommend 1 sachet Gervin Varietal C)
- 1 tsp yeast nutrient (recommend Minavit)
- 1/2-1 tsp tannic acid
- 1 tsp tartaric acid
- 1 tsp citric acid
- water

Place chopped fruit in saucepan of water, bring to boil and simmer gently for two to three minutes. Pour contents over sugar and chopped raisins in plastic bucket. Stir well. Make up to 5 litres with cool water. When cooled, add pectinase and leave for 24 hours. After this time, add yeast along with the other ingredients. Leave in covered bucket to ferment for three to four days. Stir regularly, then strain must through muslin and put in container (eg flagon) to ferment out under airlock. Rack as necessary, then bottle.

John Walters has written a new book on home wine making: *Cheers Again*. For details write to him at: 6 McLeod St, Albany 6330. Ph: 08-9390-2969.

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CONSTRUCTING A DRY-STONE WALL

by Nathan Perkins, Thirroul, NSW.

In an age when hi-tech is being surpassed by yet more hi-tech, there is an even greater need to simplify our lives. Nothing could be more simple than dry-stone walling. As the name suggests, dry-stone walling (or dyking, as it is called in Scotland) is the craft of constructing walls without the use of mortar or any other bonding agent. It relies solely on the selection and placement of stones and a combination of gravity and friction.

Whether it be to enhance a corner of a rose garden, to provide shade and shelter to an exposed area, or to retain an earth bank, this ancient craft could be the answer for your garden or property. Dry-stone walls also provide a splendid habitat to many species of small birds and animals, insects and plants; and, because the materials used are natural, the walls blend harmoniously into the landscape. Walls are, of course, fireproof, and with a little regular attention will outlast any form of fencing.

Essentially, there are two types of walls: retaining walls and free-standing walls. For the purpose of this article we will concentrate on the construction of free-standing walls.

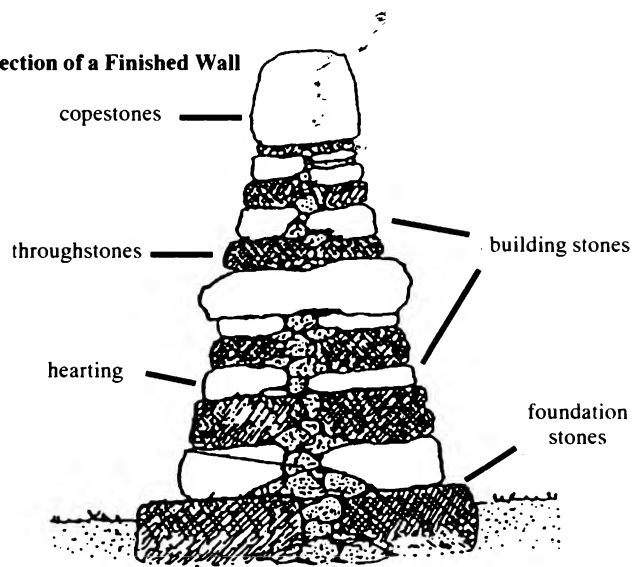
SOURCES OF STONE

Any stone can be used for walling, from worn river boulders, to volcanic spalls and thin shaly slate. I have never yet encountered a stone I cannot work with.

If you are fortunate enough to have a ready supply of stone on your property, then half the battle has been won. It then only has to be collected and transported to the site of the new wall. I do not believe in encouraging people to demolish existing walls or buildings. Farmers may be willing to sell their field stone and can often be persuaded to help with haulage for something in return.

Stone can be purchased from quarries, but a word of warning! Check this stone carefully before purchasing, as modern quarrying techniques tend to make the stone highly susceptible to

Figure 1: Cross Section of a Finished Wall



shattering. Quarries will also deliver and this can be of tremendous assistance.

The Department of Conservation and Environment in your state can often provide a licence to collect stone and direct you to a source of stone in your area. A final option is to purchase stone from landscape suppliers, but their prices tend to be inflated and they often charge by the stone.

TOOLS

- a tape measure or rule
- a pick and shovel
- some tough string
- stone hammer weighing 1.5 to 2 kg
- Walling pins or walling frames which have the same cross-section dimensions as the wall to be built. I personally prefer the former for their versatility.

Optional

- a crowbar
- a sledge hammer
- gloves

SAFETY

I have yet to meet a dry-stone waller who looked even remotely like Arnold Schwarzenegger! The skill is in using one's body weight thoughtfully and planning the lifting of large stone care-

fully. Have someone help you where possible. Use a wheelbarrow where you can. I cannot emphasise enough that when you do lift a stone always lift by bending the knees and keeping the back straight. Lastly, keep the work area as clear as possible at all times. You don't want to stumble over a pile of loose stones to get to the wall.

BUILDING THE WALL

Dimensions

The dimensions used in this article are for a wall 1.4 metres high, which is an average height for a boundary wall. However, a wall can be built more or less any convenient height. A rough guide is that the width of the wall under the copestone (refer to figure 1) should be half that of the base. If in doubt, make the wall wider rather than narrower.

The Foundations

Mark out the line of the wall with strings approximately 80 cm apart. If on soft ground, dig a shallow trench (10 to 20 cm deep) so that loose earth and grass is removed. On stony or compacted ground this is not necessary as long as the site is level and mostly without obstructions, especially tree roots.

Always build logically. Place the largest stones first in the foundations

(refer to figure 2). To provide a sturdy base for your wall place the foundation stones flat side down (if they have one). Pack around and under them with smaller stones. If you have a large space inside your wall, fill it with one large stone, not a dozen small ones. Figure 3 shows a good foundation as against a bad one. Throughout the building process do not be tempted to fill the wall with clay, soil or screenings, no matter how tempted you are, as this will seriously weaken its structural integrity.

Do not feel disheartened if this part of the building process appears to take an abnormally long time. The whole strength of the wall depends on the careful placement and packing of the foundations. You cannot be too careful.

Building In Progress

- Most importantly, always cover the joints formed by the stones below, otherwise lines of weakness, called 'running joints', will develop (refer to figure 3).
- Lay the stones so that they lie with the longer side running into the wall, not along the face (known as 'trace walling'). This gives a much stronger wall.
- Make sure that each stone is firmly in place before moving on to the next.
- As far as possible, use the larger stones at the bottom of the wall. If used too near the top, there is a danger that there will not be sufficient space left on the opposite side of the wall.
- Fill the wall as the work proceeds, do not leave it as a separate job.
- Build up both sides of the wall at the same time, keeping each side roughly the same height.

The Throughstones

Not all walls have throughstones, as in some areas stones that are long enough cannot be found. If they are available, they should be placed at approximately one-metre intervals, about halfway up the wall. They help to give the wall more integral strength. Place them flat side down, making sure that they cover a joint on either side of the wall.

Final Lift

As the wall goes up it becomes considerably narrower, which is why the larger stones should be used in the lower courses. It is even more important to pack these smaller stones very carefully as they will move more easily unless completely firm.

The Copestones

The wall will now be about 35 cm wide

Figure 2: Foundations

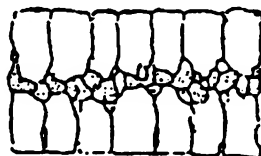


good

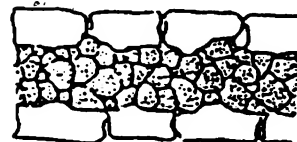


bad

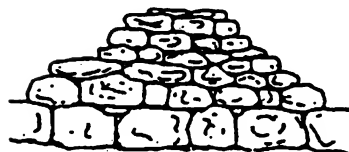
Figure 3: Do's and Don'ts



good



bad



crossed joints



running joints

at the top of these courses and ready for the copestones. These will not only bind the wall together at the top in the same way as the throughstones do in the middle, but will resist damage if crossed. They also make the wall look more attractive. Place each copestone beside the other, but do not create a domino effect by having each supporting the last. Each stone should be self-supporting.

Having topped-off the wall, the copestones are now pinned. This is done by taking V-shaped slices and driving them into the space between the copestones with your hammer until they are firmly wedged. If this is done properly, you will be able to walk along the top of the wall without any movement of the stones below.

Basic Principles

The type of stone in your area may vary greatly from that found elsewhere. This will dictate the type of wall that evolves. Do not be disheartened if the walls that exist in your area (if any) do not resemble the models used for this article. The basic principles never vary, and can be applied to any type of stone.

First published in *The Australian Garden Journal*, Vol 11, No 4, May-July 1992. The Corangamite Arts Council has a book available in which this article has also been printed: *If These Walls Could Talk*, an exploration of the social and historical significance of the dry-stone walls of the region. To obtain a copy (\$25 incl postage) contact: Josie Black, Box 115, Terang 3264. Ph: 03-5592-5474. There is also a heritage trail incorporating significant walls of the region (same contact for details).

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SMOKING FISH

THE ONES THAT DIDN'T GET AWAY

by Vance Avenel, Bundaberg, Qld.

Modern equipment, long distance transport, canning and freezing, and international marketing have, in most countries, toned down the deadly extreme of that old feast or famine situation. However, we still have seasonal gluts and off-season shortages with consequent high prices. The more highly perishable goods are, of course, the most market affected. There are few commodities more perishable than our finny friends, and none more seasonal than the masses of mullet, tailor and bream.

Anyone who has spent time dropping a fishing line or net (legally of course) can recall spectacular catches. At the markets, in glut times, fish can often be purchased for a song, in large tray lots – far too many for ordinary family consumption. This creates the problem. 'What am I going to do with all these?' Giving kilos and kilos of fish away to sundry acquaintances, then a week or two later seeing the price per kilogram shooting up towards the moon, really is not my idea of a clever move.

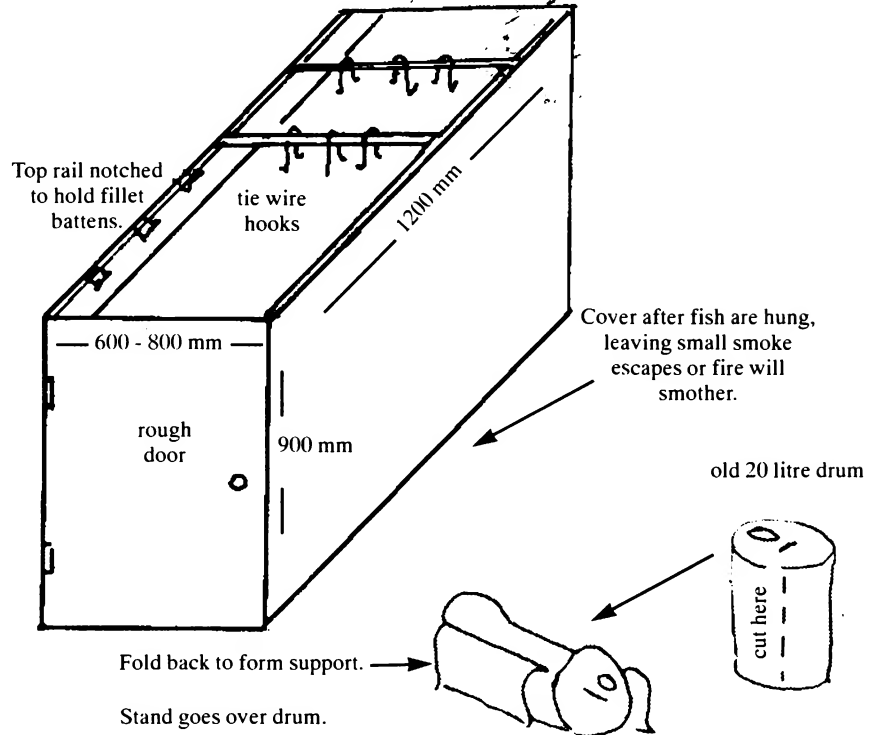
You need smoke my friends, good old-fashioned smoke. It is a simple preservation technique, that, sadly, has slipped into obscurity in these days of freezers and supermarkets. It's inexpensive and also has the fringe benefit of creating a great gourmet flavour all of its own, a flavour that's unobtainable from tins or freezers.

BRINING

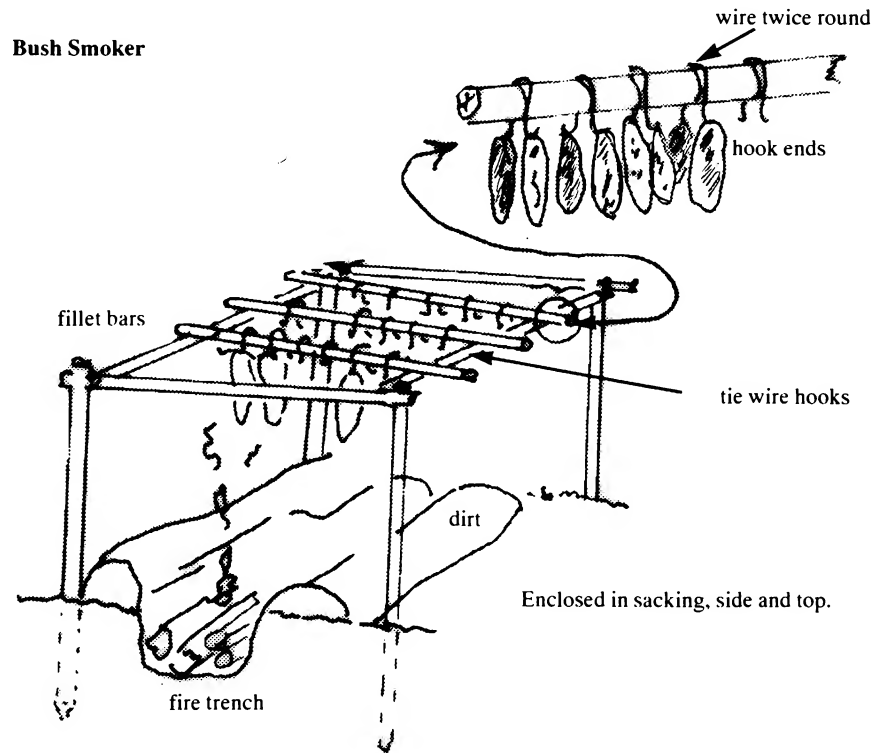
Several kilos of cooking salt and brown sugar is all that is needed, mixed in a ratio of about two of salt to one of sugar, though the mix is more a matter of taste than preservation. If you have a taste for a sweet caramel flavour in your smoked fish, add more sugar, or less if your preference is the opposite.

Scale and fillet your fish, leaving the skin on. Incise a small slit at the tail end for a wire hook to go through after the brining is completed. Liberally rub the mixture into the flesh of the fish and place them all together in a bowl or dish. *Do not brine in any metal container, use only glass, plastic or a good unchipped*

Home Smoker



Bush Smoker



enamel vessel.

The fillets can now be left 12 to 24 hours in the brine solution, depending on just how large your fish are. The salt needs time to fully penetrate into the flesh to act as a preservative.

SMOKING

Home Smoker

Dimensions are far from critical, just so long as they contain the smoke about the fillets. The one I used for years was approximately 1200 mm long x 900 mm high x 700 mm wide and held 40 fillets when full.

Any second-hand sheet material will do: hardboard, ply, sheet metal or roof iron. Tack it to a frame with a notched rail along the top of both sides to fit the fillet bars into. For these any light sticks, bush or sawn timber, will be good enough as long as they are clean. At intervals wrap a length of tie wire twice around, leaving both ends protruding 50 mm, bending them up into a hook to hang your brined fillets from, while in the sawdust smoke.

Get dry sawdust from your local mill. *Check that the timber being sawn is not poison treated.* Ignite sawdust in an old twenty-litre drum with the sides cut down (see sketch). Place loaded fillet bars in place and cover with loose-weave sacking or cloth that the smoke can slowly escape through, else your fire will smother. Replenish sawdust a couple of times a day until fish are dried. They'll store in the fridge for several weeks.

Bush Smoker

Dig a fire trench, heaping dirt near the edges. Drive four, one-metre pegs in a square to enclose the pit. Wire four sticks about the tops of the pegs and cover sides with sacks; or alternatively, ply, hardboard, or old roof iron.

Wrap short lengths of tie wire twice around fillet sticks and turn the ends up to form fillet hooks. Impale your fillets and place across the frame. Then cover all with a roof of hessian bags to slow the smoke drift.

Keep your fire small, smouldering, with some green sticks on top, to create the maximum smoke.

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WHAT'S ON

Some great festivals and expos are being held over the next few months for those wanting to be out and about. As the weather closes in and there are fewer jobs to be done outdoors, it's a good time to attend, or make plans to attend, seminars and conferences relevant to your lifestyle.

SEMINARS, CONFERENCES

National Treefest

The biggest ever national treefest is planned for September 24-26 at Leon-gatha (Vic). It will be a celebration of all aspects of vegetation use and management. Speakers, displays and field trips will highlight the multiple uses of trees. Contact: Treefest '99, PO Box 110, Sale 3850.

Alternative Energy

Going Solar holds seminars on various aspects of alternative energy on the second Saturday of each month in the North Melbourne (Vic) store. Forthcoming topics include: Wood Heating & Sustainable Living, Straw Bale & Earth Construction. For details contact: Going Solar, 322 Victoria St, North Melbourne 3051. Ph: 03-9328-4123.

Poultry Course

Two of Australia's leading poultry experts, Megg Miller and Ian Pollard, will be featured at this one-day course to be run at the Australian Heritage Farm, Elphinstone (Vic), on Sunday April 11. For details ph: 03-5473-3491.

The Future of Herbal Medicine

Some of the world's most eminent medical plant experts will speak at this conference, to be held at Lismore (NSW), June 16-18. The conference will include leading manufacturers, plant scientists, practitioners, primary producers and regulators. For more

information contact: Monique Lewis, 02-6620-3172.

LETS National Conference

To be hosted by LETS Illawarra (NSW) in November. Delegates from other LETS groups are invited to contact Penny Ferguson for details, ph: 02-4285-0088.

EXPOS, FAIRS

Hobby Farm Expo

This inaugural farm expo will be held at Landsdale (WA) on Sunday September 19. Information and resources for hobby farmers and those with large backyards will be the order of the day. Exhibitors still required. For details contact: Simon Leaning on 0419-936-221; or Steven Toghil on 0419-863-391.

Yarra Valley Expo

Sustainable farming and living will be the feature of this year's event, with the theme of 'Agriculture - from the Field to the Table'. 350+ exhibitors, many speakers. To be held at Yarra Glen Racecourse (Vic), May 15-16. Contact Lorraine Leach on 03-9730-1722 for details.

Alternative House Tour

Six innovative houses in the Dandenongs (Vic) will be open to the public on Saturday May 1. Building methods include stone, timber and mud brick. For details contact: Kallista Community House, ph: 03-9755-2622.

Steam Horse and Vintage Rally

Held at Echuca (Vic), June 12-13. Pioneer skills, craft, bush cooking, early working steam and oil engines, tractors, vintage vehicles, Clydesdale horses. 500+ exhibitors, entertainment, rides, crafts and much more. For details contact: PO Box 199, Echuca 3564. Ph: 03-5480-1808, 03-5480-6512.

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KANGAROO ISLAND BOUND

THE DREAM MAKES SOME CASH

by Brian & Diane Yates, NSW.



We would strongly advise anyone deciding to buy land in South Australia that is not freehold already, to think again. It is now eight months since we signed contracts and still red tape holds up our dream. On top of this the cost, each month, of rental is wasted money – money that is of course precious. We now think in terms of ‘this month’s rent could have paid for a fence’, or ‘that could have paid for 80 olive trees,’ and so on.

Despite this hold-up our dreams burn brighter than ever. If it comes too easy in life, then it is never appreciated as much! That’s what Brian’s old dad used to say, good job we believe him isn’t it.

On our April visit to Kangaroo Island the first stop was to the house builders in Adelaide. We had set aside a full day to sort the details of the final design, sort out tiles, carpet, roof colour, worktops, cupboards etc, etc, etc. Unbelievably, we were finished in about five hours. The people involved were so experienced that they eased us through all the pitfalls effortlessly, so what could have been a major drama turned out to be a real pleasure and of course it represented another big step towards the dream coming true.

Next we set off for the ferry (always a little nervously, in case the sea is rough, not much fun then we can assure you), to hopefully get more things moving along on the Island. To our pleasant surprise, even more good things were to happen in the next two weeks.

First step to catch up on all the news from our good friends Cherry and Mike, who once again put us up in their wonderful home that overlooks Backstairs Passage and the ferry coming and going. We found them embroiled in a battle to stop the tuna farmers setting up just off shore and potentially upsetting the delicate marine life that exists there. It soon became apparent that half the island was involved, people on the island really value the uniqueness of the place and will fight all comers to prevent interference in the environment. (This battle has since been won and now they are talking about a marine park around Kangaroo Island, we wouldn’t mind betting they win this one as well!)

Next we contacted the owner of the land we are buying. Geoff is a sheep grazer and, like so many peo-

ple on the island, a really friendly and helpful bloke. We, of course, discussed the delay and generally had a whinge about government departments etc. Brian said that we were upset because we had hoped to get things moving on this trip, things like pegging the house site, getting a shed put up with rain tanks, and perhaps even getting a dam cut. Geoff knocked us flat with his response. ‘The land is yours as far as I’m concerned, get on and do what you like. Any help you need give me a shout!’ We are cynical city dwellers so this sort of attitude really surprised us, after all no money has changed hands and who knows when the final settlement will be. This turned out to be the first of many surprises in store for us in the next few days, as you will read.

The next day we set out to visit our land (we can’t help but think of it this way), as soon as we set foot on it Diane’s eyes filled with tears. ‘Now I finally know this is meant to be, it feels so right.’ We spent several hours pegging the house and shed sites, all the while listening to the bird calls all around and pausing to watch the wedgetail eagles flying above us. Standing in our ‘lounge room’ we looked out over Murray

Lagoon and imagined our future lives in this peaceful place and realised how privileged we are to live in this beautiful land, Australia.

We arranged to meet a dam builder on the land a few days later. Geoff came along as well. We told them where we thought the dam should go and there was silence. We looked at them both and they were shaking their heads, with a look of pity on their faces. 'Not there,' they said and proceeded to walk off down the paddock to a spot which would never have occurred to us in a million years.

Next Brian mentioned to Geoff that we were going to have to use alternative power. He listened patiently and said by all means use alternative power if you want to, but did we realise that the mains power was quite close and might work out a lot cheaper than we thought! He then proceeded to drive us to the nearest power pole, less than 500 metres away on his land. (To be fair to Brian it was out of sight over a ridge. That's his excuse anyway!) So it means power will cost us less than half what we budgeted for, although we still sort of

like the idea of solar, but our set-up budget is tight.

We realise that we are going to have a very good neighbour in Geoff, who probably thinks we 'townies' are a bit touched in the head and that he had better keep an eye on us in case we create a mighty disaster in his area!!

During the next few days we arranged to get planning permission for our shed from the local council. We ordered the shed from one of the hardware stores in Kingscote. We asked how much deposit they wanted and got a strange look. 'Pay us when we deliver,' the man said. 'But we live in Sydney.' 'So what,' says he. We had exactly the same reaction when ordering our water tanks, arranging for people to carry out work in the future, all by remote control. We get used to living in an untrusting society and assume everywhere is the same, well certainly not on Kangaroo Island.

While arranging things for our new home, we also spent time on Lara's behalf (she couldn't make the trip this time), checking out her land at American River. We really lucked out and

met a builder, who believe it or not, lives opposite Lara's block. He builds cedar houses, ideal for sloping blocks, which her's is. To get the best views from her block Lara needs to build high on the block. This builder checked it out and said it was no problem. He showed us around a house he had built; it was just the sort of thing for Lara and her daughter Jade.

In between all this arranging, we once again met more wonderful people. The mix of people that live on KI is remarkable, not just the locals but so many folks that have chosen to give up their successful business careers, to pursue a different way of life generally, a life based on quality rather than the pursuit of 'things', where greed gives way to compassion.

So once again we are waiting, but, as mentioned in our last epistle, we are actively collecting the information we are going to need in the future. How to grow vegetables, olive trees, fruit trees, raise chooks etc, etc. Oh, and by the way we have our first booking for our yet-to-exist B&B, a full week over Christmas, so our dream is making a bit of cash already. Not bad eh?

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CALF CARE

FEEDING AND WEANING

by Colin Turton, Newstead, Vic.

Last time I discussed managing the birth and the calf's first couple of weeks. Now: what to feed, how much and how often? Contrary to popular belief, young animals have absolutely no idea whatsoever how much food to ingest at one sitting! If you want the *ideal* start for your calf, for the first week feed it half a litre of (its mothers) milk, every six hours for the whole seven days! Then for the next week give it a litre every eight hours. That's ideal, and the amounts are for a Jersey; for a bigger beef-type breed, you could adjust the quantity up by about 10-15 percent. I normally only feed twice a day from day one, the only exception being if I have a weak calf, because of perhaps a difficult birth or something. Then I will feed it eight-hourly for say four or five days, depending on their progress.

I will mention here that I believe any animal husbandry to be 90 percent observation. You need to watch your animals and be able to detect even subtle changes in their appearance and/or behaviour.

I guess I should now try to explain just how to go about actually feeding this young baby. For the first four or five days I feed the calf from a bottle with a calf teat on it (readily available from local produce stores, or from a country town chemist shop). This gets the calf well used to you feeding it, before attempting to teach it to drink from a bucket. After several days of you feeding it, the calf will see you coming and anticipate food, particularly if you call it as you approach.

Now I will try to explain how to get it to drink from a bucket. It will eagerly try to suck your hand, finger, or anything else it can latch its tongue on to. So allow it to suck your middle finger and have your bucket ready with a couple of litres of milk straight from the cow, with a cup of boiling water in it. Lead the calf's head into the bucket while it is sucking your finger (which of course is covered in milk). This will more than likely take several attempts as it is not a natural feeding position for a calf and it



Mother and calf can be kept on either side of a strong fence.

will be apprehensive about having its head in the bucket where it cannot see. Try to let it have only to about the first joint of your finger because it must be able to get milk into its mouth around your finger.

If the calf feels it is getting insufficient milk through its efforts it will butt the false udder that it is drinking from, so you need to be holding the bucket tight. The calf will get very impatient if it reckons it's not getting food fast enough, particularly after it's a few days old. You have to slowly reduce its reliance on sucking the finger in the bucket, basically by gradually leaving less and less of your finger in its mouth until it finally realises it can drink its food the same way it drinks water. This can take anywhere from three days to sometimes well over a week.

By the end of the second week it should be drinking two litres twice a day. You can feed your Jersey calf pure (fresh) milk without watering it down. However, if you wanted to go to market and buy a second calf, say a week-old

beef-type bull calf for future eating, or to resell as a weaner, or perhaps to raise some other calf for a friend, then I would strongly suggest to water down Jersey milk for a couple of days at least by a minimum 50 percent milk to 50 percent water. I usually keep feeding the milk watered down until the calf is weaned, but build it up to three litres milk to one litre of water.

You must watch very closely any calf you introduce to your property in case it gets the scours – bowel movements which look like yellowish water. If this happens to one of your calves you should immediately isolate it, as it is highly contagious. It is, unfortunately, a very common occurrence in young calves, and is brought on or triggered by stress. Young calves are very, very easily stressed! Treatment of scours is beyond the scope of this article, so call your vet, as ultimately you will need his/her advice if nothing else. Worst case scenario . . . all your calves dead!

You can raise quite good healthy poddies ('cause that is what bucket -

reared calves are called), on two litres of milk twice a day for twelve weeks. But I prefer to bring them up to three litres twice a day by about the fourth week and give them that until they are sixteen weeks old. Let's face it, if you are milking your cow then you won't have a shortage of milk.

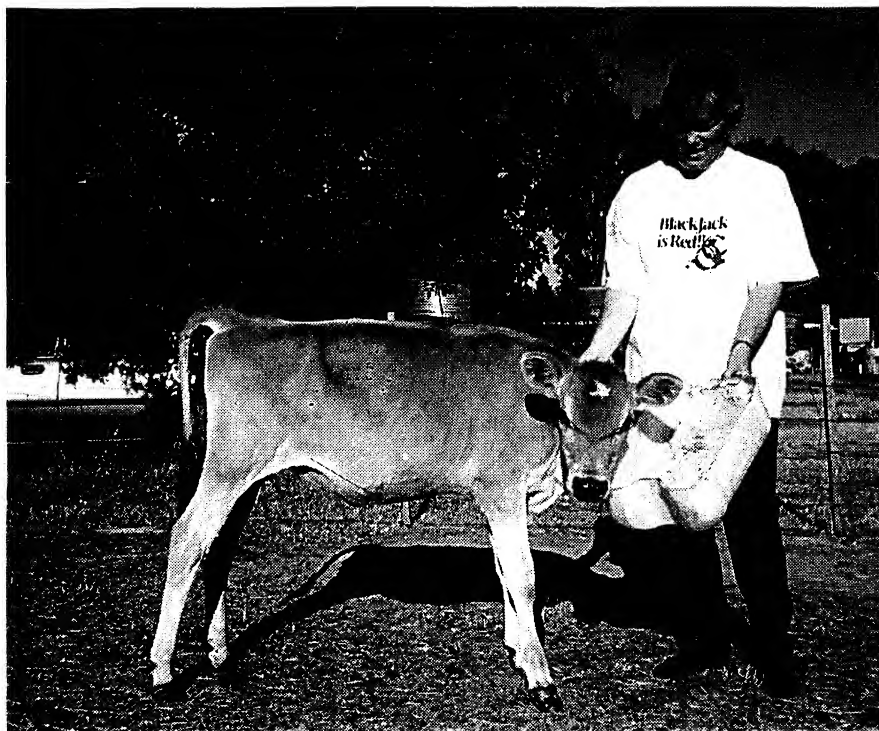
Now, when the calf is about four to six weeks of age, buy a bag of coarse bran, sometimes referred to as racehorse bran. It will cost about \$12 (and you should be feeding your cow some in the bail while you milk her anyway). Introduce your calf to this by offering it in the milk bucket as it finishes the milk. Start with a closed handful. When the calf decides it likes bran then once a day give it what you can hold in your open hand; this will make your calf shine and give it what is known as 'bloom'. Give the bran for at least as long as you feed milk, and as you like after that. After about five or six weeks you can start mixing a small amount of lucerne chaff with the bran, I usually start with about a quarter of a cup for a week or so, then gradually build it up until you have equal amounts of bran and chaff. You can offer hay from about four weeks of age and I would recommend really good quality. I give my calves second and third cut lucerne. They don't need much but a free pick is very good for them, particularly if there is little or no pasture. When

I use the word pasture I mean good quality growing pasture, not dry or dead grass.

If your calf is started right, it may well turn into a very good healthy cow/steer. If your calf is not started right (in life that is), then it cannot finish right.

When you are ready to wean your calf, at whatever age you decide it should be, hopefully not earlier than twelve weeks, I would not recommend going 'cold turkey' unless it is already on good (spring) pasture. If not, then ease it off the milk by feeding milk once a day for a week or so. Once your calf has been weaned off milk, do not return it to milk. If for some reason you now find you have heaps of spare milk after weaning your calf, don't be tempted to give some now and again to your calf, throw it away . . . or buy a pig!

Calves, like all babies, are very fragile so scald all feeding utensils. Milk must be as close as possible to (cow's) blood temperature, even if you must add boiling water to it. Your calf must have access to clean fresh water from day one. Give free access to good quality pasture or hay. Keep sheltered from extremes of weather, it must have clean, dry sleeping quarters . . . and, whether you intend to milk it or put it in your freezer, love it, and touch it at least once every day.



Love your calf and touch it at least once a day.

The Permaculture Research Institute (PRI)

PRI is a Non-profit Corporation based at Tagari Farm, the 147 acre property designed and developed by Bill Mollison as a permaculture demonstration and teaching site, located within the crater of Mount Warning. The site features extensive earthworks, advanced food forestry, aquaculture systems, organic gardens, bamboo production, nursery, guest house, tea house and camping facilities.

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Australia

WALKING STICK CABBAGE

by Keith Upward, Darraweit Guim, Vic.

Cabbage walking sticks are easy to grow and make. They look good, are functional and make terrific conversation pieces.

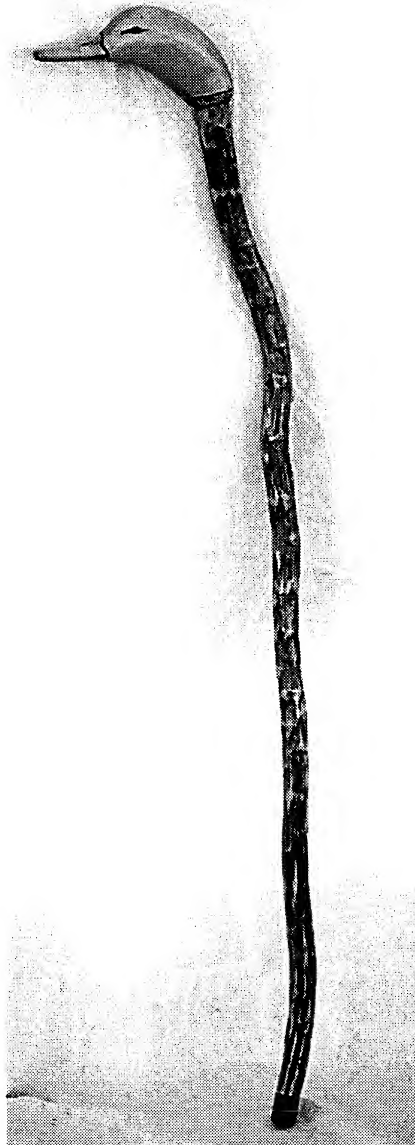
The walking stick cabbage, *Brassica oleracea longata*, or wild cabbage, is one of several wild brassicas that can be found growing on the chalk cliffs and waste ground near the sea in south-east England and western France. In America it is found as a weed on the Pacific coast and in Texas. In the wild, and in poorer soils, they only grow to about 60 centimetres, but in the Channel Isles, where they are somewhat of a tourist attraction, they often continue to grow for two to three years, reaching heights of four to five metres.

For the purpose of making walking sticks from the stout woody stems, a height of between 1.5 and 2 metres should be aimed for. The walking stick cabbage is edible, with a flavour identical to garden varieties. The leaf sprouts are ready for picking at the end of winter, just like a winter garden vegetable, and may be cooked in the same way as sprouting kale or broccoli. The older leaves may be used as stock feed and are ideal for guinea pigs and rabbits.

Like all cabbages, the walking stick cabbage is a heavy feeder and requires a well manured soil to do well. Add from one to two kilograms of poultry manure per square metre, plus a supplement of complete balanced fertiliser. Very acid soils should be well limed, preferably a few weeks before planting.

Sow the seeds in punnets or a seedling bed and transplant at the four to six leaf stage. Make sure that you plant the roots and stem deeply to ensure that the first pair of leaves is resting on the surface. Space the seedlings about sixty to seventy-five centimetres apart in a sunny spot sheltered from strong winds. I always put in tomato stakes before I plant so that I can tie the stems loosely to protect them from wind damage during the early growing stages.

Cabbages respond well to regular liquid feeding. I use my own liquid vermicompost, plus a fortnightly dose of Phostrogen (10 millilitres to 9 litres water). A similar regime will ensure maximum growth from your crop.



As the plant grows, strip the lower leaves from the stem, leaving the head untouched. This produces the scarred stem which makes the walking stick so attractive when polished.

If sown early in spring, the plants should be tall enough for cutting by

autumn, although they can be allowed to continue growing until they reach the desired height and thickness (approximately two centimetres). After cutting, allow stems to dry and cure for six to seven months. I usually hang mine from inside the roof of the garage, alongside the drying herbs.

When you are sure that they have dried out sufficiently, the by now well hardened wood can be smoothed down with fine glass paper and coated with several coats of varnish. My method is to apply two coats of orange shellac, rubbing down between coats with 0000 steel wool, followed by one to two coats of exterior gloss Estapol. This method not only provides an excellent finish, but will allow you to save about two days in finishing time as you can apply the two coats of shellac in about an hour. If you have the use of a wood burner, you might wish to do some decorative poker work before you apply your first coat of sealer. You will find that the hard surface responds very well to wood burning.

All you need to do now is provide a rubber tip (from hardware store) and some sort of knob or handle. I usually carve my own wood, but proper brass walking stick handles can be purchased from mail order craft outlets. You could just epoxy glue and dowel an ordinary wooden knob onto the stem. In future, I am going to leave the root ball intact on a few stems to try and form a natural handle.

If you have grown more than you wish to make, why not sell your surplus stock, dried of course, to local craft outlets? There must be many people who would like to make their own walking sticks but haven't the facilities, inclination or patience to grow their own.

Cabbage walking stick seeds can be obtained by mail order from: Eden Seeds, MS 316, GYMPIE 4570.

A SIMPLE FRUIT FLY TRAP

by Alan Stewart, Alexandra Hills, Qld.

Just take two plastic soft drink bottles; cut the top off one so you have a funnel shape. Hold the smaller end of the funnel against the other bottle and mark a circle slightly smaller than the circumference. Cut out this shape and insert the funnel with a screwing motion into the hole. I used some leftover yellow paint on the funnel, yellow being an insect attractant. The bait or lure (see below) is placed in the bottle, which is then suspended from a tree branch.

Some homemade lures for male fruit flies are vegemite and water, or citronella oil. Lures for female fruit flies are orange pulp, or rotting peach or plum. General lures include ammonia, vanilla essence and water; banana peel, sugar and water; sugar, vanilla essence and water; molasses, treacle, golden syrup or honey with water; molasses and pyrethrum in water.

For more detailed information on fruit fly control see GR112.



Re-use plastic bottles and control fruit flies at the same time.

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The Executors of the estate for "Warrigal" say it must be sold.

PROPERTY TO BE AUCTIONED

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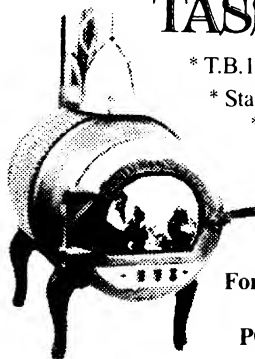
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TUFTED ROMAN GEESE

I'm seeking information about what I believe are Roman Tufted Geese. They have a tuft of feathers about as round as a twenty-cent piece on their heads and are quieter than other types. I had a pair, one coloured, one white, passed to me. The coloured one died suddenly, the white one is a girl. They have never produced goslings since I've had them. Any care and historic information would be welcome. Also would rather like a male gander.

**Megan J Cooke,
CESSNOCK 2325.**

The Tufted Roman is a small-bodied, white-plumaged bird, males weighing 5.45 - 6.35 kg and females 4.55 - 5.45 kg. A small proportion of the Roman breed in Australia is tufted, the latter being a small protuberance composed of cartilaginous material covered with small, fine feathers. It is never a globular crest as displayed on some ducks, but rather a tiny loosely feathered, 'bump' on top of the head. The gene responsible is occasionally expressed in other breeds, but more commonly seen in crossbreds. The coloured bird you lost was most likely of mixed background, Romans always being white. With regard to your enquiry on fertility etc, the first area to look when offspring are not produced is age. Was the bird old? Geese can live up to 25 - 30 years, but are not terribly productive after 8 - 10 years. You omitted to mention if eggs were infertile or if any were actually laid. Failure to produce eggs may be due to the same sex of the birds, such pairing is not an unusual occurrence with geese. Sexes can be differentiated by voice, the female having a deep low tone and the male a noticeably higher, even shrill, note. Finally, if confident of the sex of the remaining bird, look regionally for replacement stock. Elicit the help of nearby poultry clubs or put up a notice at feed stores before seeking further afield.

BEST BREED OF GOAT AND FOWL

We have been on/off readers of *Grass Roots* for many years now and have just become subscribers. We are now starting a simpler way of life and have many plans for some newly gained land, including organic gardens, chooks, goats etc, and are heading towards self-sufficiency. We are very (very very) green

and starting from scratch. We would love to hear from any body who is willing to share their experiences with us.

In particular we would like to find a breed of goat that we could milk (due to our daughter's intolerance to cows' milk) and the best breed of chooks to keep. Hopefully both would be free to roam, be nondestructive and nonaggressive towards children

There is no replacement for experience so all assistance would be appreciated. Out of curiosity, has anyone heard of a natural way to deter termites from an area?

**John and Sharon Ingersoll
MAITLAND 2320**

Choosing suitable breeds narrows down to those exhibiting the characteristics you desire, the breeds' local availability and cost. The advantage of choosing a pure breed over a crossbred or Heinz 57 variety is that you have some predictability about temperament and production whilst these are unknown factors in crossbreds. The 'Poultry Breeders Directory' describes the temperament and ability of purebred fowl, ducks etc, so a good read of this will help you create a short list. The milking goats - Saanen, British Alpine and Toggenburg - differ marginally but enough for people to establish clear preferences. Ask at your local produce store or local breeders and look at these breeds and how they interact with their owners and farm environment before making a decision.

DOG FLEAS

I have a young whippet who gets fleas after visiting her doggie cousins. I wonder if anyone has a safe natural flea remover, without me resorting to chemicals. She is healthy and has been brought up on the 'give your dog a bone' diet. I wash her bedding constantly in tea tree and eucalyptus oils, but have no effective cure to apply to her body.

**Yvonne Everingham
MITTAGONG 2575**

Controlling fleas on dogs has been well covered in previous issues, as has the importance of a natural, well-balanced diet. Look at GR issues no 127, 114, 113 and 109 for starters. If you do not have these consider purchasing a copy of Pat Coleby's 'Natural Pet Care' and introduce the diet outlined

there. Fleas are more likely to seek out and infest a dog with a slow working digestion system than those on the more cleansing rations suggested by Pat.

She also recommends dusting daily with a sulphur powder until the parasites are eliminated. One GR reader achieved success by washing the dog's bedding daily in very hot water and spraying around the kennel and in favourite resting spots with a surface spray. Making up and using an oil-based spray, should also prove successful, especially with the aromatic oils you mentioned. Consider spraying more regularly than at present, including around the kennel and in favourite spots. You might also like to try a practice many readers extoll, that of adding a sprinkle of brewer's yeast powder to the dog's rations. We regularly receive comments from readers on how effective this simple supplement is when used for cats and dogs.

COWS GOING DOWN

Regarding Brenda Bees letter in GR on cows going down; when we had a large dairy herd in Tongala, Victoria, we often had trouble with cows unable to get to their feet after calving. A large dose of aspirin (approximately 25) will often work as it relieves pain and the cow will then attempt to rise. Aspirin is given as a drench, care must be taken not to get liquid on lungs. To stop cow rolling on her side, prop at shoulder with a bale of hay. Then call the family in to watch her (in relays)!! Cows must not be allowed to lie flat as they develop pneumonia.

**Isabel Nelson
BRIBIE ISLAND**

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ORGANOPHOSPHATE REVIEW

Organophosphates (organic phosphates) are pesticides originally developed during WWII as chemical weapons, they include the nerve gas Sarin. Agricultural phosphates developed from these original weapons are not as toxic. However, parathion and mevinphos are recognised as extremely toxic, with many deaths having resulted from accidental poisoning. Chlorpyrifos, used for termite control, persists in soil for several years. Others, such as dichlorvos and trichlorfon, break down within a few days of use.

Some of the group are systemic (metasytox and fenthion for example) in that they enter the sap of plants through roots and foliage and are thus distributed throughout the plant, including into any fruiting and seeding parts. These systemic poisons are often used against aphids and other sap-sucking pests.

Organophosphates are easily absorbed through the skin and this is frequently a cause of accidental poisoning.

In the US, the Environmental Protection Agency is in the process of reviewing about 40 organophosphates. The review will examine their cumulative effects and set standards for protection of children. This could possibly lead to a drastic reduction or even elimination of organophosphate use. As might be expected, opposition from vested interests to such a possibility is strong.

NEW MEDICINES FROM NATURE?

Researchers have spent five years screening 250 Australian plants in a search for genes that might assist in the control of plant and human diseases. The hope is to control fungal diseases in crops such as canola, sunflower, peanuts and pulses by introducing genes to encourage disease resistance. Treatment of fungal diseases in immuno-suppressed humans is also a possibility. So far, 20 possibilities of antimicrobial activity have been identified. The two most promising are extracts from the macadamia nut and the purple-flowered creeper, *Hardenbergia violacea*.

In Melbourne a study at RMIT University is examining the efficacy of the herbal remedies echinacea, St John's

wort, valerian and kava kava. These remedies have long been used in the alternative medicine field as sedatives and sleep enhancers and, in the case of echinacea, as an immune system booster. The research hopes to establish the herbs' viability in the treatment of depression, sleep disorders, ADD and immuno-deficiency.

HELP GREEN AUSTRALIA

No matter where you live, if you are concerned about the environment, you have the opportunity to assist Greening Australia in one of its many projects. Greening Australia can provide contact details of groups that need help with saving and growing trees and other environmental activities. They are also involved in locally based education and training through government initiatives such as Jobskill and the Landcare and Environment Action programmes.

In South Australia, Trees for Life conducts free one-day workshops to train volunteers in tree planting and bush care. Volunteers are then assigned to sites (over 180 in the Adelaide area) where they work on bushland conservation and rehabilitation for a few hours per month. Families, individuals and groups are welcome to participate.

For information on how to become involved write to: Greening Australia, GPO Box 9868 in your capital city. For the South Australian Bushcare project, call Felicity Dangerfield on 08-8207-8787.



RECOVERING RHINOS

Conservation and antipoaching work in South Africa, Zimbabwe, Kenya and Namibia is having a positive effect on numbers of both black and white rhinos. From an estimated total of 65,000 black rhinos in 1970, numbers had, by 1995, plummeted to about 2000. Two years later there were estimated to be 2600. White rhinos, numbered at 7563 in 1995, had increased two years later to 8466.

The drop in numbers pre-1995 is blamed mainly on the animals having been hunted for the horn (actually a type of hair), which was used in traditional Chinese medicine and for dagger handles in the Middle East. Ongoing conservation work and strengthened safeguards are necessary to ensure the rhino's continuing viability.

ENVIRONMENTAL LAW

The Australian Centre for Environmental Law will be running a number of relevant courses throughout the year. These include: Environmental Impact Assessment Law, Business Strategy and Regulation, Environmental Dispute Resolution, Occupational Health and Safety.

For more information contact Professor Neil Cunningham, ph: 02-6249-3487, or 02-6249-3397. Fax: 02-6249-4899.

MARINE POLLUTION

A recent World Wide Fund for Nature report on the state of Australia's marine environment identified Sydney's open sewage outfalls as causing the worst area of marine pollution. Over five billion litres of sewage a day is discarded into the ocean off Sydney.

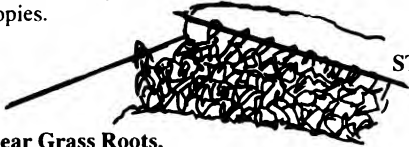
Western Port Bay in Victoria was listed as one of the worst ten areas of marine pollution. The bay has been significantly damaged by sediment, agricultural runoff, industry discharges, other contaminants and dredging. Seagrass beds, essential links in the food chain and havens for young fish, have been lost or degraded, and a number of marine ecosystems damaged.

The report also expressed concern at threats to the Great Barrier Reef from runoff of agricultural chemicals.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I am looking for **PATTERNS OF KNITTED CURTAINS**, or edges for curtains, either long or short in length and width. I will reimburse any costs to any readers who would send me patterns, or copies.



Nerida Thomas,
STROUD ROAD 2415.

Dear Grass Roots,

Do you have any information on creating **A HERB SPIRAL** as in maximising a small space for an optimum amount of herbs? I think it's Bill Mollinson's idea. I'd like to know how to build one.

Elene Field,
23 Parkes Cres, FALCON BRIDGE 2776.

Dear GR People,

Can anyone tell me where I can purchase a working **COFFEE BEAN ROASTING MACHINE** for household use?

Marijke Haeren,
PO Box 102, BLACKBUTT 4306.

Dear GR,

In GR126, I noticed Tammey from Brisbane was having a few problems getting started with her **ORGANIC VEGIES** and thought of a few helpful hints. First of all I noticed on her balcony she had black tiles. What a bonus! Black is an excellent source for retaining heat which plants need for growth and compensates a bit for your lack of sunshine.

You mentioned in your article that you drained your potting mix and I don't understand why you were advised this, as organic worm farm mixes won't burn anything.

Organic growers have long since realised that it is the state of the soil which determines the health and natural vigour of the plants. We regard soil as the greatest and most precious of all our resources, that's why the soil must always be protected, nourished and constantly enriched. Incorporate worms as they keep the soil open, friable, enriched and fertile. Try companion planting as well. Plant legumes with leafy vegies, for legumes supply extra nitrogen from bacterial nodules on their roots. For example, beans with corn, nasturtiums and garlic help to protect from pests. Also flowers invite bees for pollination. Plant basil with tomatoes, they love each other.

Urine is certainly a cheap fertiliser diluted 20 parts water to one of urine. It is excellent for encouraging vigorous growth and favoured for citrus. Also make your own liquid fertiliser using a covered bin, blood and bone, fish scraps, seaweed, comfrey leaves, manures etc. The ultimate goal would be a worm farm kit. Using the liquid from this diluted will also offer considerable protection against fungal diseases. Your brew can take approximately two weeks, depending on temperature, the warmer the brew the better it works. Dilute with ten times the volume of water.

Anita Nolan,
271 Nicklin Way, WARANA 4575.

Dear GR,

I really enjoy GR magazine. I'm looking for some advice. Recently, through a friend, I have purchased and have started taking **NONI JUICE**. I feel great, but I am wondering if anyone out there is or has been taking it over a long period of time. I've done a lot of reading regarding the benefits, which are many, but none go into long-term use. I am a healthy young mum and would love to hear from anyone that has used it.

Nicole,
PO Box 730, DENMARK 6333.

Dear Grass Roots Readers,

I have heard that **APPLE CIDER VINEGAR** is very good for you and have been taking one tablespoon of a morning in hot water and honey. Does anyone else out there take it and could you let me know what it is good for?

Sue Kelly,
PO Box 389, TOORMINA 2450.

GR Friends,

I seem to be looking for the impossible. In my last letter to GR I was looking for a white choko and white clumping sweet potato. No luck! I am now looking for *Iris florintini* (orris root). Can anyone tell my husband how to make **CHEEROOTS**? We are growing tobacco and he doesn't want to make cigarettes.

Sandra Burke,
C/O Macksville PO, MACKSVILLE 2447.

Dear Megg,

Some issues ago, I requested information on **GERMAN RYE BREAD** and chip heaters. I received quite a few replies, especially for the rye bread. However, whilst able to respond to some letters, I mislaid the rest when travelling over East. To those who responded my thanks. To Ms Rosemarie Krockner of Alstonville, NSW (spelling uncertain) who sought answers to my initial letter, please write again.

Roger Oliver,
Lot 75 Grevillea Place, GIDGEGANNUP 6083.

Dear GR,

I enjoy reading the magazine and use many of the helpful hints I gain from your mag. I am wondering if you can help me with information on the following: How to **EXTRACT OIL** from olives. Where to get necessary equipment to extract oil. Information on extracting oil from both lavender and roses.

Margaret Gibbs,
PO BOX 128, EUROA 3666.

Dear Editors,

I have only recently discovered GR, a great magazine, and was hoping that GR readers could help me. Some time ago I read a short article in a newspaper about a family using sawdust to heat their home. I imagine the sawdust heated a boiler system. Does anyone out there know anything about using **SAWDUST FOR HEATING**?

Also, I suffer from trigeminal neuralgia and would love to hear from anyone who has used a natural remedy to relieve this savage pain. I'll greatly appreciate and will acknowledge all replies.

Bev Cole,
73 Palmerston St, RIVERTON SOUTHLAND, NZ.

Dear GR family,

Love this magazine. I'm wondering if anyone has patterns for **PATCHWORK PUMPKINS** and **PATCHWORK CHOOKS**! I've seen them in other magazines, as patchwork is my passion, but nobody I know has any idea how to make them, they're just so cute. Thanks for the wonderful book, *Natural Pet Care*. My dog has a fat intolerance and last Xmas we nearly lost her. I feed her a mostly vegetarian diet, Farrell's 4 x 2's and kibble. She's now five kilograms lighter, runs around happily and is a ball of energy.

Jan Clifton,
15 Boronia St, SCONE 2337.



Dear GR Readers,

Hi! My name is Natasha and I live on the outskirts of Brisbane. I have only discovered GR this year and after reading several copies feel inspired to build my future home as naturally and as self-sufficiently as possible.

I would love to hear from anyone who has any information on **GROWING MY OWN TIMBERS**, whether it be for cabinet making or building material use. I would like to know what are the fastest growing trees available, how much maintenance is needed etc?

There are so many different types of natural home building methods available. If anyone has information on what they think is the best style and the most economical way of building a house in SE Qld, please write to me, it would be much appreciated.

Does anyone have any good ideas on where to pick up seconds in timbers, corrugated iron etc, besides commercial businesses who just rip you off?

Natasha Robertson,
87 Petersen Rd, CAMP MOUNTAIN 4520.

FEEDBACK LINK-UP FEEDBACK

Dear Megg & Readers,

Does anyone know of a **NATURAL CURE FOR SHINGLES**, which I have had since June last year? A friend's brother who suffers with cystic fibrosis also has shingles and it has caused him much trauma over the past three years. To all who have had chicken pox in the past, doctors say you could eventually get shingles if you get low in health, as I was for a variety of reasons most of last year.

**Shirl Williamson,
Modella Rd, LONGWARRY 3816.**



Dear GR Friends,

For many years now we have been looking for an **ALTERNATIVE ARTIST'S VILLAGE** or town, with no luck (except Nimbin). We are a young artistic family with flair for using recycled products. We love making bags, hats, aura mirrors, incense, chimes etc, all out of waste produce. We hate seeing things go to waste, so we do this to help keep Mother Earth clean.

We are looking for an alternative area where people love to be as self-sufficient as possible, with local manufactured products, so we would love to be part of an area where we could either barter or sell our products with locals.

We are very interested in buying an old shop that could be improved, with a livable dwelling out the back, with some land so we can grow our vegies, fruit trees, and herbs, as we would love to start a co-op.

Also, we are looking for an old farm, with a livable dwelling, a one-bedroom would be fine as we could renovate it to our needs. So if there is anyone out there who has an old shop or a small farm for sale, one acre would do, in an eco-friendly environment, where people love the earth the way we do, we would be so happy if you could please write to us.

We will be in a position to buy in about mid 1999. Vendor welcome. We would love to be somewhere where there are community markets weekly, so we can market our produce. We love a market that has live music as we love to play our instruments ourselves, and we love to dance also.

At the moment we are living in Blairgowrie on the Mornington Peninsula in Victoria, so if there are any GR folk down this way drop in or give us a call for a cuppa or a cold one.

**Brett & Sharon & Eden,
12 Adelaide St, BLAIRGOWRIE 3942.**

Dear Readers,

We intend to use large quantities of newspaper, magazines and cardboard cartons as either weed mats or mulch. However, we are concerned that **LEACHING OF CHEMICALS** into the soil could occur from either the printing or paper making process. Would anyone have any information regarding this matter? We would appreciate any help.

**Janet Martin,
PO Box 51, AMERICAN RIVER 5221.**

Please send any information C/- 'Grass Roots', as this is a matter of concern to many organic gardeners. Information we have at the moment indicates that newspaper and cardboard should pose no problems, but coloured inks should be avoided.

Dear GR Folk,

Several people have mentioned **TROUBLE WITH THE FOX** to me and are wishing to find a way to humanely dispose of them. Could anyone with good ideas please let me know, so I can pass it on to my friends? And yes, in each instance several acres are owned and there is a hen run to consider.

**Gaelle Murray,
14 Pacific Highway, TAREE NORTH 2430.**



Dear Grass Roots Folks,

We've been reading GR off and on for approximately ten years, more so recently. It cheers me up to read some positive news for a change, especially from all over Australia – all walks and aspects of life – it's truly uplifting!

This is my first contribution. I often write answers to people's letters in my head, but that's as far as I get! Firstly, to Serafine Nichols of Como, Perth. There is a fantastic **HOMEBIRTH**, Midwives and **SUPPORT GROUP** in Fremantle. Contact Woodside Maternity hospital, Dalgety St, East Fremantle. They are sure to put you in contact with a midwife from the group. Our daughter was born at home in Freo – was a wonderful experience.

Secondly, to Zane and Jane of West Woombye. Yes, it's a great idea to **TRAVEL WITH KIDS**. We did it, and many others will tell you they have. Does baby like travelling? If so, plenty of books, toys, snacks, drinks, games and patience. One person drives, the other navigates and entertains the children. We also had a dog which was definitely more trouble than the kids. They are not allowed into national parks and (in answer to Dale Buchanan's letter) most camping grounds and caravan parks won't let you in either, especially with three dogs.

Our recommendation to anyone **TRAVELLING AROUND AUSTRALIA** is to purchase the RAC Hotel, Motel Caravan and Camping guide; cost is about \$12. It is invaluable. Some info is slightly dated, but it has almost every town in Australia listed in alphabetical order: population, info on the sights, things to do, plus a list of accommodation from five-star hotel to no-star camp ground and a star rating on each place, plus costs and (Dale) whether dogs are allowed or not! Invaluable for the traveller with a dog(s).

Finally, in support of Jose Robinson's article on fibreglass tanks exploding. There was an article recently in our local rag about a fibreglass tank exploding or bursting. They are not common here (Waiheke - Auckland NZ) in fact, no one I know uses one! They are all concrete or plastic. But, just as a footnote, we recently have had a couple of house fires and the plastic water tanks have melted, consequently, when the fire brigade arrives no water and houses burnt to the ground!

Well folks, thank you for all your positive contributions to each other's lives and may health, happiness and sunshine be with you all!

**Jill Reeve,
47 Crescent Rd West, WAIHEKE ISLAND, AUCKLAND NZ.**

We're pleased you've finally put pen to paper Jill, thanks for sharing your knowledge and experience with us.

Dear GR People,

I have been an avid reader of your top magazine for years and devour it from cover to cover as soon as I get my hands on it. Over the years I have learned so much and I'm so gratified to learn that our numbers are ever increasing. I will shortly be off on a **WWOOFing** experience, but also hope to connect with anyone regarding **STRAW BALE BUILDING, COB, RAMMED EARTH** etc. I am very interested in having a hands-on experience, so am volunteering myself should you be planning on building out of any of these materials, within the next six months in northern NSW. There have been a lot of articles lately re the above, so if there's someone out there who would welcome another pair of hands, or if you have already built and don't mind showing your place as well as sharing tips, please write to me and I will gladly answer all letters and get in contact with you.

**Inger Huber,
12 High St, MT KURING-GAI 2080.**

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear Megg, Mary and Readers,

I thought I'd answer some queries from GR129 through the Feedback again.

Roberino re **HUMAN HAIR**. Try asking those questions of a hairdresser, an older one. We have a lady we know who did training with 'Science of Hair' (not sure of the technical name) as part of her hairdresser training. She is in her late 50s, or early 60s, so someone of that vintage may be helpful.

Re queries on **ADD**. There are many books to read. Sue Dengate has written a few which are from a parent's point of view. We have a child with mild ADD and have tried all sorts of things, except drugs. As there is no long-term study on the effects of the drugs we decided not to use them. We recently found an alternative medication which has some benefits. Efalex, made by Efamol, contains tuna oil, evening primrose oil, vitamin E and thyme oil. Phone Efalex information service on 1800-064-953. It has greatly improved his school work, especially maths. It seems to lessen the frustration associated with maths, reading and writing and also helps dyslexics. I have heard of people who have had behaviour improvement, but we haven't seen any, though his behaviour isn't the major concern. If you phone the information service they have a newsletter which is very helpful. Golden Glow Health foods is also bringing out a similar product. For behaviour management, try the 'stop, think, do' technique. If anyone wants more information on all the books to read and other help, please drop me a line.

To Rex Niems re **FODDER TREES FOR SHEEP**. We have a book in our area called Plant Identification in the Arid Zone, written by Jenny Milson. It is a Queensland DPI publication and has photos, plant names, whether they are stock fodder and whether they are toxic to stock. Some plants are toxic at certain times of the year. The book is available from the DPI in Longreach. If you contact them they may be able to help you with books on plants more specific to your region. Also, your local primary industries department should be able to help. Ask to speak to the plant agronomist if they have one.

To Zane and Jane re **TRAVELLING AROUND AUSTRALIA** with a 20 month old child. It is possible with some planning. For us it's 250 kilometres one way to the supermarket, so my kids have spent half their life travelling! (Not quite.) If you don't travel much now - start. Go on long drives on the weekend to see how the child copes. Have toys, a drink, books and things to eat with you all the time. Rotate the toys so they don't have the same ones the whole time. Make sure the child can see out a window and has a comfortable car seat. When you stop to eat, go to a park so the child can run off excess energy and have a break from the confines of the vehicle. We don't have any problems travelling with our children, but they have been trained from an early age from necessity.

Just a note of caution to all those on acreages. Remember safety when working with machinery. While this sounds common sense it's amazing how accidents can happen. My husband is currently in hospital after coming off a motor bike in a patch of mud while working sheep. He has tendon and ligament damage to one knee. While he is always careful and wears safety gear, accidents can still happen. Sometimes they even kill people and children, so take care always.

Karen Long,
PO Box 46, MILES 4415.



Dear GR People,

Congratulations on your wonderful magazine. I have enjoyed every issue I have been able to obtain, but I must admit I only discovered it about 10 years ago. I have often thought about writing to you and finally here we go. I believe that **NATURAL REMEDIES**, both for humans and our animal friends, are very important. The use of chemicals and prescription drugs is just so accepted these days and one can only wonder at the unknown results of these practices.

I have been using a product developed 109 years ago in the USA and brought to Australia 71 years ago, trekked across the nation by

generations of salesmen and women going door to door. Even today there are still dedicated men and women travelling many kilometres, knocking on doors selling this product. Many others choose to distribute the product by having in-home presentations or selling at markets. Then there are people who join the company just to buy the product for their own personal use and to supply family and friends.

The product I sing the praises of is a Rawleigh product. Rawleigh's products are natural, healthy, very economical and carry a 100 percent satisfaction guarantee or your money back. Try and get that at your chemist or supermarket.

Rawleigh have a traditional pharmaceutical medicine range, vitamins, nutritional foods, whey milk, 18 essences, all guaranteed to be the best, spices, home care, laundry powder, animal care, plus much more.

Anyone interested in finding out more about Rawleighs, or where to contact a distributor in your area can do so by phoning the company on their 1800-651-776 number.

My apologies if this letter reads like an advertising dialogue, but my family have used Rawleighs for as long as I can remember and always found it to be so good and I am so often asked where can it be obtained. By writing to you I hope this will let people know that Rawleighs is still available and where. Especially the old gold tin commonly referred to as Man and Beast.

Kay Heazlewood,
400 Camden Rd, TAYENE 7259.

Dear GR Readers,

I'm hoping that GR readers may have seen or know of a **MANUALLY TURNED WOOD LATHE**. I would like to construct one myself and so require drawings or technical designs.

Also, GR readers please note that the transportation of bee products can aid in the transmission of diseases such as chalkbrood, introduced to WA by infected pollen at a health food shop. By all means utilise these wonderful natural products, but be aware of this potential and ensure that they are clean.

Paul Clifton,
PO Box 1192, KUNUNURRA 6743.



Dear Grass Roots Kindred Spirits,

I have been reading GR off and on since it was first published. I am 58 years old, an outback bush woman and a working saddler by trade. At first reading of some of your requests and answers I was stunned that people did not know better about living off the land. But after all these years, I've come to admire the ingenuity and openness of the generations that came after me and write to ask for help, and the wonderful people who write back to them. You restore my faith in the human race.

I am feeling very out of water at the moment, recently being widowed, plus fighting cancer, having lost my whole stomach and fighting positively. Have had to come to town to be with a son for a while to have access to medical facilities. I am finding town life very difficult to handle, as I am used to being on my own a lot in the bush and working with my garden and horses and saddlery, doing all my preserving etc. I wondered if there was anyone out there who would like to correspond with me with a similar background and love of the bush. I am pretty old-fashioned, very independent and self-sufficient. If anyone out there has lymphoma and is getting well, I would love them to write.

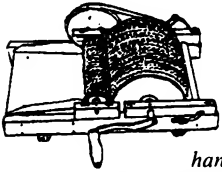
Also, when I'm well, someone out there might have an old house (fuel stove) in the bush or in a small village for rent with room for a big vegie garden (and perhaps room for my horse and chooks). I would want it for long lease, not in Queensland though, I can't take it too hot. I do hope someone would like to write. God bless you all.

Alexandra Fox,
42 Gray St, WAGGA WAGGA 2651.

FEEDBACK LINK-UP FEEDBACK

Dear GR & Readers,

Again I seek help from fellow readers. Among my gardening and other activities, I have been learning to spin wool, something I have wanted to do for at least 25 years. But my question is: Does anyone have a plan for a hand-carder machine to be used for home use? My husband feels he could make one with correct measurements. I have been told they are expensive. I have been asking around the Gloucester area for a good second-hand one to buy, but so far to no avail. Also any hand-spun knitting or crochet patterns would be welcome, and natural dye recipes. I will of course cover costs and certainly will appreciate help.



**John & Joanne Yeark,
Maggie Mae,**

Buckell's Way, WARD'S RIVER 2422.

We searched our files but couldn't locate any information on making a carder. Ashford, the spinning wheel manufacturers used to sell hand-turned drum carders – perhaps a reader knows of those and can help with measurements.

Dear Megg & Mary,

I am interested to know if anyone out there has seeds of both **RED AND YELLOW CHERRY GUAVAS**, and also if wheat, used in a therapeutic pillow, needs to be prepared in any way first, or can you just use it straight from the plant, produce market or supermarket? I'd like to make some pillows for myself and family and friends, but am not sure how to go about it. I'll be happy to either refund postage for seeds or exchange seeds of yellow guava or pawpaw.

Shirley Svensson,

516 Musgrave Rd, COOPERS PLAINS 4108.

Dear GR Readers,

Some time ago a GR reader wrote about the tragic loss of his friend who was fatally burnt while using an oxy gas cutter to cut open a drum, which exploded. I haven't noticed any articles or letters in GR magazine since then regarding the dangers of working on containers that may have contained **FLAMMABLE LIQUIDS**, so I thought I would write of similar experiences.

About 30 years ago, I had a work colleague who dabbled in repairing old cars on weekends. He had one with a leaking fuel tank, so after removing it from the car, he filled the tank with water and kept it topped up for three months, leaving it out in the weather. Thinking it would be safe to weld by then, he emptied it, and commenced oxy welding the crack in the tank. There was a large explosion and the tank sailed 10 metres up in the air. He sustained a theatrical blackened face and singed eyebrows, but survived. Being a technical officer he wondered how come, as he thought he had taken adequate safety precautions.

He sought an explanation from the CSIRO, who told him that petrol actually gets into the grain of the metal tank it is stored in, and upon application of heat, as in the welding process, it escapes as a highly explosive gas which ignites from the naked flame.

Over the years I have cut the tops off drums, but use a cold chisel and hammer, after filling the drum with water, if it previously contained flammable liquid. When splitting a drum in two, I would suggest to only use a drum that had never contained flammable liquid, if using gas flame cutting gear. An angle grinder with cutting disc may be safer than oxy gear, but once again not on a drum that previously contained flammable liquid.

Leaking fuel tanks on cars can be repaired with various products in tubes, requiring no heat. I have successfully repaired fuel tanks and jerry cans (which build up pressure and may blow a chemical patch) by cleaning the site of the leak with emery paper, tinning with solder both the site of the leak and patching material, shim brass (obtainable from most spare parts or engineering shops), then placing the patch onto the leak site and applying heat, only with an electric soldering iron or a soldering iron heated up. Never a gas torch near the site. I hope this info may be helpful, or other GR readers may wish to add or correct.

Peter Harry,

Carrowbrook Rd, SINGLETON 2330

Dear Grass Roots,

I've just moved from the Gold Coast to the NSW Central Coast, and would like to contact other GR readers/practitioners in this area to swap ideas and tap into the **LOCAL SUSTAINABILITY NETWORKS**. Having grown up on a farm near Coonamble, and living all my adult life in urban areas, it seems to me that what both city and country people need are connections to the natural environment and to other people, and that this provides a sense of purpose and meaning in their lives. When people are raised in urban areas, they often aren't as aware of this need for connection to nature as are those growing up in the country. Similarly, when people are raised in an environment that is emotionally or socially isolated, they may not be aware of this need for close connection with others. Whereas our white Western culture has promoted consumption, materialism and individualism, other cultures demonstrate GR values: the importance of community, co-operation and living simply.

In our urban areas, there are fewer opportunities to connect closely with nature or with other people. I think GR people have been able to create their sense of place and purpose through connections to nature, often as refugees from city life and feelings of disconnectedness. Wherever people have no sense of place or purpose, are without feelings of connection with nature and people, there are human costs in terms of loneliness, depression, crime, suicide.

So I'm particularly interested in widespread social wellbeing, implementing ideas and actions that promote connection and a sense of belonging. I think this needs to happen in the cities and towns, as well as individuals doing it in the bush. This is my passion, where I'd like to put my energy and skills, together with others who share this vision. I'd appreciate any ideas from GR readers.

Shirley Hotchkiss,

39 Reserve Drive, BATEAU BAY 2261.

Dear Grass Roots,

I've been working in Europe for the past nine months and my daughter has been keeping all my mail. After the family greetings and news the question was 'where are my *Grass Roots*?' Four copies to read and absorb the special GR fix I had been missing!

I'm really writing in response to Michele Dixon, to send her best wishes and prayers.

My partner and I have a few acres near Eden on the far south coast of NSW. It's our dream of the last four years to move there, and we are gradually getting closer, having just moved to Canberra from Sydney. We hope to grow olives and vines, as well as all our own organic fruit and vegetables. We are mid 50s and real beginners, although I used to grow all our own vegetables when we lived in Ireland, but with no experience of Australian conditions, especially in the Eden area.

We would appreciate any suggestions, ideas and hints, as we are sometimes wondering if we are too old to start off on a new venture! I'd love to hear from anyone in the Eden area, to make contact before the big move.

Lyn Behan,

GPO Box 1869, CANBERRA 2601.



Dear GR Readers,

I'm a new convert to GR. Borrowed several copies from the Proserpine library while on holidays. My interest and request is information and contact with anyone interested in old technology particularly the **STIRLING CYCLE** type **ENGINE**.

Is there anyone out there who can help? I have some information but always thirst for more. I have quite a bit of alternative information on motor fuels, power generation etc. If anyone needs to trade info I'm pleased to help.

Ray McIntyre,

3 Bromley St, ROSEBUD 3939.

FEEDBACK LINK-UP FEEDBACK

Dear Soul Travellers,

This is my first letter to GR and I feel so very inspired to write to you all. It warms the spirit to know that there are so many like-minded souls out there and to know that I'm not alone. The basic simple life is in my blood, thanks to my Spanish Gypsy great grandmother and I'm sure my wild creative spirit is also her gift to me. I spent six years living a self-sufficient lifestyle and absolutely loved every minute of it, until my marriage ended. I now live with my 13 year old son (the last of the litter) in a rented house overlooking the sea and still grow some herbs, vegies and fruit, and regularly dine on fresh fish. Oh life's great! I'm a support worker with disabled people, beautiful, real people. I'm an artist and a poet and of course, wonderfully unpredictable. I manage to live on the outskirts of life, away from the rat race. I don't watch news or read the paper, shame on me! Ignorance is peace, I say. I've been on this journey for 39 years and travelled many a bumpy road, but my faith in life has never left me. I'm yet to experience the beauty of real love, but I know it will come when I'm ready. I've chosen the road of love and truth and as anyone that's done the same will know, it's a hard calling, but through the pain comes faith and compassion.

I'm happy to write to genuine people. I also have a room for rent to a spiritual, down-to-earth, clean, responsible person.

If anyone is interested in natural heartworm tablets for dogs, I've got a great recipe. Thank you Megg and Mary for allowing me to express myself through your pages, your magazine stirs the spirit and isn't that wonderful. What more could you want? Love and peace.

Lynette Scholl,

3 McCarthy St, HALF TIDE 4740.

Dear GR Readers,

My newest recipe is for **POTATO BREAD**:

1 kg boiled potatoes, 500 g plain flour, 5 g salt, 2 g cinnamon, tsp baking powder. Sift dry ingredients and add to cold mashed potato. A very small amount of milk can be added to form a dough. Roll out, cut into squares 1 cm thick. Place on greased hot plate (200°) until brown, turn and cook other side. These cook well in an electric frypan. Can be eaten hot or cooked early and reheated. Makes 12. Freezes well. Cheers.



M Bates,

DANDENONG 3175.

Dear GR,

I loved Isabell Shipard's story on **LICORICE** which I absolutely love! It was interesting about it being safe for diabetics and also about how it quenches thirst. She was definitely spot on. I have a question to ask Isabell, or any other reader who can help. How can you stop eating it once you have started?

I love it and don't have it very often, but when I do I just can't stop! I have to eat it until it's all gone. Yes, admittedly I feel sick afterwards and yes, I do go to the toilet quite a bit afterwards, but that never deters me.

Any suggestions would be great. Please don't tell me not to start eating it as I have to at least once or twice a year. (Don't I?) I love my licorice.

Licorice Lover,

26A St Patrick Ave, KURABY 4112.

Dear GR Readers,

I am a twenty year old, trying to become self-sufficient while still at home. I have a vegie patch growing and compost. After finding a stash of these magazines in my parent's room I have read them avidly. What I really would like is someone around the Upwey, Bel-

grave, Ferntree Gully general area (or a few people) to write to and hopefully swap food or services. I would like to be able to hear and see how other people are going with their gardens. I am also a vegan and would be interested to hear from other vegans on recipes and what they buy to eat each week.

Essentially, I need ways to save money, so would like a few contacts. I think it vitally important that people spread the word of being self-sufficient because, as the Victorian gas crisis showed, things can break down in a flash.

Zach Worrall,

56 Belmont Ave, UPWEY 3158.

Dear Publisher,

I was wondering if any readers have tried or have instructions on how to **MAKE BRICKS FROM SHREDDED PAPERS** to burn in a woodburner fireplace?



Lynette Johnston,

PO Box 550, GOULBURN 2580.

Dear Grass Roots,

Boy, is my face red. I've been hanging out to see my letter, so that I could start receiving some information on **GROWING OUR OWN GRAIN**. And then I didn't put our address in! Thanks for printing the letter nevertheless. I would appreciate if you could forward any responses that came directly to you.

Ray & Debbie Fisher,

579 Bessie Creek Rd, NAR NAR GOON NTH 3812.

Dear Megg,

What a long time has gone by since I wrote to you. And 25 years of publication already. There was one of my letters in issue 2 or 3 and then when my name was Heather Hardy some articles were published and I shared the joys and difficulties of raising children as a single parent and one with quite severe disabilities.

What a time of hard work that was, but there were GR people who wrote and some invited us for holidays. Liz and Ted Salmola from Hivesville (where are you now?) were really wonderful to Adrian. Well, that little boy is now 29 and lives in a group home in Casino, NSW. The little girl has grown and has children of her own.

This is the reason that I am writing to you. I am hoping that there may be a kind person living in the Naime area of SA that may be able to help me. Being a sibling to a child with disabilities is not easy, and as my daughter grew it was hard on her. I made one big mistake. I have said I'm sorry but she can't get past it. However, she says that I have the right to see the children, that they have a right to know all their grandmothers (they have five others).

So, is there a shed of some kind that I can rent please? It doesn't need to be fancy, just waterproof. Doesn't need power either (I can live without although it is easier with). I have a woodstove and a potbelly for warmth in winter. I can pay rent in cash, work in vegie garden or on farm. I have 30 years organic growing skills that cover three states and lots of different soils. I have skills with small animals, sewing, spinning and lots of other crafts. It would be great to help a family with home schooling.

My main energy these days goes into quilt making. I make several beautiful patchwork quilts each year.

To define my needs is simple. Shelter that is dry and an area to grow fresh organic vegetables. I am a very quiet person and I have a reliable vehicle. Alternatively, can someone lease me a sheltered spot for my yurt-type home, with that little patch for the vegies?

I sure hope there is someone out there who could do with an extra pair of hands and it doesn't matter if the shed is on the other side of the farm, I am used to living on my own now. I receive a small pension, but it is not enough to lease a house and I feel that one person occupying an entire house is wrong anyway, when housing for families is in such short supply.

Dawa Lhamo,

652 Rocky Gully Rd, COOMINYA 4311.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Thought you might like to know that I am still living in my special house by the sea and watching the sun and moon rise out of the water. My son has moved into the other 'mansion' and at present so have his two cousins and girlfriend, so I am happy to let them all fend for themselves for the holidays. With some luck, when they run out of money they might do some of the finishing jobs, or at least cut up some of the dead trees for winter firewood. They will have to soon, just to have hot water for themselves.

I had a visit from a special friend and her husband from **WEST-ERN AUSTRALIA** and they extracted a promise that I'd definitely go and visit them, so I'm looking at all the ways I can get there. The train sounds OK, but maybe there is someone driving that way who might like a passenger. I rather like the idea of perhaps coming back on a ship of some sort, container or similar. Has anyone done this or have any clues how? Looking forward to hearing from anyone who can help in any way.

Robyn Eades,

RSD 119, NARACOOKA, KING ISLAND 7256.

Hello Megg & Crew,

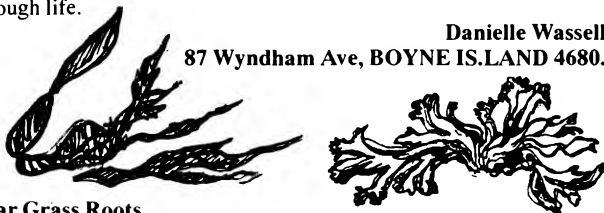
I'd like to thank the people who wrote to me as a result of my little effort to inspire people to live their lives and have fun (GR130). I've answered the letters and tried to share my experiences of my travels in my 'Big Rig' (3 cylinder car) and my trusty tent.

A few new things I learnt on my travels: Don't drive on black ice! Too fast that is! Don't camp under she-oak trees, especially with a white car; nice brown stains! Carry a rug for hail! Don't ask for a price for single-person accommodation, it doesn't exist. Do ask how much for one day (tent site that is) then, how much for two or more, that usually gets a better deal. I must thank those van park operators, who had oodles of sites, but upon inquiry were 'full-up'. Maybe you owners need to drop in to check your managers' interpretation of 'full-up' – you are losing business!

I love to write and **SWAP IDEAS ON TRAVEL** – don't be shy, we all have something to contribute. I'd like to hear how you keep your car from hail damage! Even if you just write to say how you love to travel etc etc. I will answer all letters. Happy travelling through life.

Danielle Wassell

87 Wyndham Ave, BOYNE ISLAND 4680.



Dear Grass Roots,

I've read several letters in GR regarding **USING SEAWEED**. Readers should check with their local authorities. Where I live we are allowed to take seaweed up to 10 metres around boat ramps as the local authorities bulldoze it clear anyway. So the motto is, certain things are protected until they get in the way of human activities! I urge GR readers not to be so pure in their thinking, after all everything we do removes something from its natural state for our use. As long as we are aware and put something back, it's the best we can do.

Muriel White,

Lot 71 Karbro Drive, BYFORD 6122.

Dear Grass Roots Readers,

Many thanks for replying to my request for cures/solutions to **QUEENSLAND ITCH FOR HORSES**. The replies I received were varied but a main theme was antibacterial wash: ie Dettol, Phenyle disinfectant, along with oil/cream base. Lal F. wrote from Wandal Qld and swears by 250 ml cod-liver oil plus 50 ml Dettol poured into a bottle, shaken vigorously, applied generously to affected area. Thanks Lal, will try.

We always have our horse on excellent feed and feed him morning and night (for personal contact and to see how he is), so he is otherwise in excellent shiny condition. We also worm him every 6-8

weeks and have his feet done. Another suggestion that has worked for another person was feeding copra meal (pellets also), two cups morning and again evening – so we've changed his feed. A very kind man from Crows Nest (nearby) dropped off Deri-Sal cattle ointment, so on that went as well. We noticed all dead skin etc come off within one day. We washed him with Palmolive Antibacterial Washing Liquid (another suggestion) and he's looking and I guess more importantly feeling better.

I forgot to mention a very important factor with **HORSE'S EYE DISEASE**, uveitis, that a mesh-type fly veil is very important to wear in sunlight hours, if we don't the eyes immediately fill with puss and I guess would run if we didn't keep it up. The vet said it was important as ongoing treatment forever as there is no cure for this disease in horses. Once again, symptoms are running discharge from eyes and/or nose, squinting in sunlight. Didn't find cortisone helped one bit, even after weeks and weeks of treatment (and it is expensive!). As I said before, horses slowly progressively go blind. They can become paddock wise the vet said, so you may not pick it up and not put it all together as to what it is the horse has got. Hope it helps some horse owner/s and especially the horses, as of course they can't tell us in so many words!

Anyone wanting a real estate booklet of Toowoomba? Send an SAE and \$1, as book is all Toowoomba real estate advertisements and costly. Anyone in Tasmania selling any beach, island, isolated, out of the way land/house? Power not a necessity. Must have beach frontage and acreage. Good access not important (any part of Tasmania). I have ready cash available (send price, map details).

Amazula & Alexandria,

PO Box 2590, TOOWOOMBA 4350.

Dear Grass Rooters,

I have always had a dream of **PUBLIC PARKS GROWING FOOD**. Last year I had an opportunity to bring this dream to fruition when I became involved in the garden at the council-owned Cooroy butter factory. Features are a mandala garden, swamp garden, worm farm; herb spiral, food forest and other features based on permaculture. Volunteers from Permaculture Noosa have a hands-on day each Thursday from 9-4. We have lots of fun, learn heaps and come home with plants and seeds we have just harvested. At present we are developing this area into an education area and offer garden walks each Thursday for visitors. The Cooroy garden is valuable because it demonstrates how permaculture can be introduced into public spaces. I enjoy watching visitors become excited when they see how much permaculture has to offer them. Grassrooters are welcome to drop in for a visit and a cuppa any Thursday.

Inspired by the unusual and useful plants used in permaculture, my partner and I now sell plants from the shadehouse at the back of the garden. We have a large variety of edible plants, ground covers, weed barriers and herbs at affordable prices. We are forever on the look-out for rare and unusual plants and will trade rare or unusual nonhybrid organic plants and seeds. If you are interested let me know. At present we are looking for Tahitian noni, neem tree seeds, Mexican fern tree seeds, and female Naranjilas.

Tara Andre,

162 Duke Road, DOONAN 4562.

Dear GR Readers,

It was very interesting to read the article about Bill Mollison in GR130. I can remember Bill when he was a little boy growing up in Stanley, on our beautiful north-west coast of Tasmania. His parents had a bakery business there and he had two sisters. Like so many people who have wandered everywhere, I read that he is coming back to his roots. Stanley is a picturesque, historic little town where I spent most of my own youth and I can still remember the fishing boats coming in, and we would be waiting to buy the lovely fresh crayfish. Gone are those happy days! Thank you all for another year of great reading and such interesting people.

Mrs B. Jenkin,

2/22 Beattie St, SCOTTSDALE 7260.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

I would like to share with you a **FEEL GOOD RECIPE** my aromatherapy teacher gave us. The essential ingredients are essential oil, massage carrier oil (sweet almond, peach kernel etc), raw sugar, water, large, preferably steel or ceramic container, towel and a pair of weary hands. Directions: Prepare warm water in a large container with 2-4 drops of essential oil. Have lid off massage oil and put spoon in the raw sugar (ready to be used).

Soak hands, up to wrists, in water for 15-20 minutes, swirl water about occasionally. After soaking, spoon raw sugar (2 x dsp) into palm of one hand. Pour a liberal amount of oil on as well. Rub hands together for up to five minutes, back and front. Immerse in water and gently wipe sugar off. Pat dry on towel. Hands will feel soft and smell good! This preparation, depending on the essential oils used, can double as a light inhalation treatment. Basically though, it's a great way to relax and treat yourself to something special!

Jade Lees-Pavey,
7/273 Williams Rd, SOUTH YARRA 3141.

Dear GR Readers,

Recently I was browsing through some of my sisters' old copies of GR magazine and came upon some articles on earthworms (compost worms). Doing some further reading on the subject, I borrowed a booklet from my local library, by Charlie Morgan, *Raising the African Night Crawler*.

In a section of this booklet on growing your own feed for the compost worms, the author mentions the **HERB COMFREY**. Not only is it a quality composting material, but it is supposed to bear great quantities of this material.

Unfortunately, it is not the ordinary (or European) variety *Symphytum officinale*, but the Asian variety, *Symphytum peregrinum ledeb.*

To date I have been unable to find any of this variety locally. Could anyone out there please contact me if they have any or might know where I could find some?

Tony Baker,
234 Learoyd Rd, ACACIA RIDGE 4110.

Dear Readers,

Any information that could assist me in the production of **HAND-MADE** and fine soaps (re the making of soaps, moulds etc) would be very gratefully received.

Lindsay,
Old Grafton Rd, Via GLEN INNES 2370.

Don't forget to consult past copies of GR. We have featured some great soap articles. Alternatively, send for our collection of photocopied articles covering many aspects of soap making, cost \$5 plus a business sized SAE.

Dear GR People,

I am writing to express concern about a recent letter in GR130. My concern is that Laurel Dunphy might have an unrealistic expectation of the **WILPENA POUND AREA** of South Australia, and I am writing to the magazine instead of to Laurel directly, because I'd like what I have to say communicated to others as well.

Anyone who intends to move to this area needs to know: The towns in the area are, Hawker, Leigh Creek South, Copley, Lyndhurst etc. They are not very big and I would expect very few work opportunities. I think you'll find most of these towns get their water from underground supplies. I know some of the homesteads are built on or near permanent water, but this would often take the form of water holes. If you are dreaming of a few acres on the banks of a permanently flowing creek, I think your chances are very slim.

Recently a foreign tourist died of thirst a few hundred kilometres away at one of the big salt lakes. I think it was Lake Eyre. I looked hard, but couldn't find the Strzelecki mountain range. Perhaps it is instructional to note that Wilpena Pound is located in the Southern Flinders Ranges, and that to the east of this is part of the Strzelecki Desert.

Unless I was driving up the main road from Hawker to Leigh Creek, I'd be carrying a two-way radio and extra water. When I go up there, I think 'Outback'.

I'm not an expert bushman and I've only been up that way a couple of times, but something about the letter rings alarm bells in my head. Sure, if you're living in one of the towns, you have all facilities and paved roads etc, and the scenery is outstanding. But seriously, I couldn't think of many places more isolated and challenging, especially if you want to live on acreage and have a lifestyle approaching self-sufficiency.

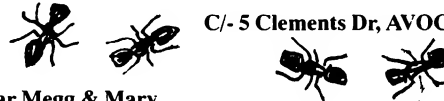
Try an average rainfall ~300 mm per year and an evaporation rate of about 3000 mm per year. Down here at Port Pirie I measured 2000 mm of evaporation from March 1997 to March 1998, and we are alongside Spencer Gulf. (Large bodies of water lower the evaporation rate around them.)

Mick Arnold,
PORT PIRIE 5540.

Dear GRs,

I am currently trying to gain information about **DOWNS SYNDROME IN RELATION TO NUTRITION**, wheat-free, chemical-free, dairy-free diets and alternative health services and activities. I have a beautiful five month old son with DS who is doing great, and I would love to hear from anyone who may have any information on the topic. I am also willing to share any information that I have.

Rachel Moran,
C/- 5 Clements Dr, AVOCA BEACH 2251.



Dear Megg & Mary,

Thank you for a very informative GR magazine. The information I get from Feedback is really helpful. I am after anybody who knows how to get rid of **MEAT ANT NESTS**. We have several! We shifted onto our block of 23 acres in winter of '98, no ants, but then came warmer weather and they are just behind our caravan. We have tried borax to no avail. They eat all my dog's meat and bite very well, so if any reader can help I would be most grateful. Also, anybody who knows anything about **SOLAR LIGHTS FOR A CARAVAN**, and also for a home later on this year.



Joan,
RMB 3021, EUROA 3666.

If you have located the nests, just pour boiling water down them a few times.



Dear GR,

We are two women who own a 56 acre property in northern NSW. We have lived here for five years now and have planted an extensive permaculture garden/orchard, including a small boutique olive grove and started a small plant nursery to help supplement our income. In between all of this we are also owner-building a stone house (half finished).

We are now looking for someone, or couple (women only), who would like to **HELP CARETAKE** our property. We have a basic cabin (there's no power) for temporary accommodation, but ideally you would like to build your own place using the resources from the property (as we have done). We are not asking for rents or fees, just to lend a hand about the place now and then.

Ideally, we are looking for nature/animal lovers, someone with an interest in owner-building, self-sufficiency and permaculture and with an independent outlook (own transport essential).

The property is situated three hours from Brisbane and it's 1 1/4 hours to Lismore. It is mainly bushland with an abundance of kangaroos, wallabies, birds and other wildlife, two creeks with rock pools and a large swimming hole. So if you're interested in living an alternative lifestyle, or maybe just trying it out for a while, we'd love to hear from you.

Cass & Clare,
PO Box 150, TABULAM 2469.

FEEDBACK LINK-UP FEEDBACK

Dear GR,

I am an avid fan of GR, of greenies, and of all other good causes. I love **NATURAL PRODUCTS** and good organic food. I've recently been made aware of some of the most appalling junk we habitually layer on our skin via the personal care products we find on our shelves today. Aging and harmful ingredients such as mineral oil, lanolin, beeswax, alcohol, borax, vaseline, paraffin and formaldehyde (don't we put frogs in that?). In search of something natural I finally came across a range of organic products that use the jelly of only mature aloe vera and humectants as the basis of their range. These products are soft, moist and gentle and my family have been amazed at the results. Finally we have found the perfect products. They are only sold by personal recommendation and do not rely on advertising, the reason being that they are natural products and need to be explained carefully from one satisfied customer to another. If there is anybody out there who has experienced ill effects from oily or astringent products, who suffers psoriasis or skin inflammation, or who simply likes to feel the soft touch of the gentleness of natural products, please write to me and I'll direct you to the company. The company also put back some of their profits to our indigenous people worldwide in thanks for the use of many unique herbs and flowers used in their products.

Cheryl Kennedy,

1 Spinnaker Drive, MT COOLUM 4573.

Dear GR Reader,

We grow a few coffee trees on our property, all in third year and bearing fruit. We are interested to hear if anyone knows how to make **JAM FROM COFFEE CHERRIES** and will it be a caffeine-loaded jam?

J & R Boerst,

Jensen's Nest Mons Rd, BUDERIM 4556.

Dear GR,

Just a few lines to moderate a comment now necessarily aged a little, though it is not good to risk a crossfire over well intentioned letters. The quote from another magazine about **CANOLA OIL** warrants vetting by well informed health authorities, as it is unlikely that its import is true in GR 130. True that canola oil is from a much changed rape seed under programmes to provide that change in Canada since pre 1938. When satisfied with mutations that aided both production and the product, it was renamed by Canadian Oils as Canola. For the sense claimed, it is not the same as rape seed now. It was a matter of interest to our Australian agricultural schools and universities at that early date, but poor capitalisation in a smaller economy left all that work to Canada; breeding out unwanted chemicals.

M J Fitzgerald,

PO Box 135, YORK 6302.

Dear Readers,

To Pat Rowe from Portugal who had a letter in the last issue: Your email address was not correct. Please send more details, as at least one person wants to contact you.

To all readers: When sending an **EMAIL ADDRESS** please also send snailmail details, for above reason and because many readers do not have email facilities.

Kimberley Bennetts,

C/- Grass Roots, PO Box 117, SEYMOUR, 3661.

Dear Gr People,

Help! Is there a qualified alternative doctor out there who could suggest something re: my **MYSTERY ILLNESS**? I'm on a shoe-string budget, simply can't afford expensive fees. Recurring symptoms for the past eighteen months are: a sore throat, scarlet-coloured, accompanied by extreme fatigue and weakness,

and a low-grade fever at its onset. Blood tests done are: glandular fever, a liver count, hepatitis, a white blood cell count, diabetes, Ross River fever, HIV and throat swabs of tonsils. Everything tested clear.

I'm 38, a normally fit, healthy, active female nonsmoker, don't touch drugs. My diet's good, and I take vitamin supplements. The back of my throat swells a bit (like pharyngitis), but no mucus.

Antibiotics are noneffective. I gargle daily, and recently put myself to bed for over a month in desperation. The symptoms disappeared and for a couple of weeks I felt great but after resuming normal physical activities the symptoms returned. I'm now getting quite distressed; this mystery illness is severely restricting my life and plans, and I'm at a complete loss! Thank you for any assistance.

A Forbitt,

C/- PO Box 486, BATEMAN'S BAY 2536.

Dear Folk,

Hello, my name is Harriet and I'm taking a year out of my architecture degree and trying to organise coming to Australia this autumn to find some kind of **SELF-BUILD/ECO-DESIGN PROJECT** or associated architectural practice that would either employ me as a paid or unpaid volunteer for 4 months. It is work experience in construction and/or design that I am looking for. I hope to reach Australia towards the end of October. I really need your help to put me in touch with the right contacts. If you could email me on 92007384@mmu.ac.uk or even fax me at uni on 44-161-247-6822, should you know of any relevant contacts, I would be very grateful.

I am an eco-pagan vegan and also an enthusiastic climber and cyclist, which obviously means that certain co-ops or communities etc might not be suitable on the grounds of dietary practices or religious ethos. This is only a concern on the part of the hosts since I personally am very open towards spiritual etc diversity.

H Harriss,

65 Hunmanby Ave, Hulme, MANCHESTER UK.

Dear GR Readers,

We've been inundated with mail from kind folk sending advice and support re the auto immune disorders Sjogren's, Hashimoto's and MCTD. Quite overwhelmed with the goodness of people. Am answering as many as possible, meanwhile please accept this as our personal thank you.

Cole Family

1 Gunsynd Close, TUNCURRY 2428.

Dear GR,

We are living a self-sufficient lifestyle and we are interested in the fowl **JERSEY GIANTS**. Do any readers keep them or know where we could obtain stock? We understand they died out and have since been re-created.

P & J Wagner

C/- PO Box 117, SEYMOUR 3661.

Dear Grass Roots,

My friend and I have recently retired from city life and are settled on a hectare near Leongatha. We have some very attractive and fruitful free-range chooks who are producing far more eggs than we can eat and doing an excellent job on the garden.

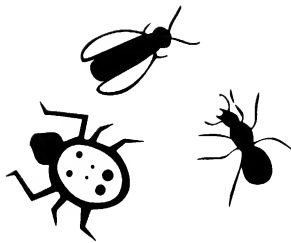
When I was a child we **PRESERVED EGGS IN SODIUM SILICATE** (waterglass) and it was most successful and easy to do. Can any readers tell me how I can buy sodium silicate? The local pharmacist hadn't even heard of it. We have a very nice vet who specialises in poultry and he has been trying to get it himself. We'd be very grateful for any help.

Godden & Chan,

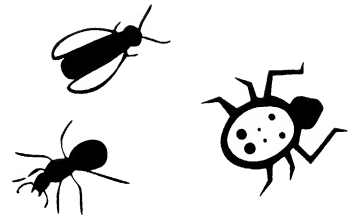
RMB 5100 Allans Road, LEONGATHA 3953.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

GR 93 contains on article about eggs with some information on alternative methods of preserving them.



KIDS PAGE



BUG BINGO!

for 2-4 players

You will need

- 5 plain sheets of A4 paper
- 5 sheets of cardboard A4 size
- crayons, pencils or Textas
- PVA/craft glue
- scissors or cutting knife
- extra cardboard

To Make

- * Measure up one of the A4 sheets of paper into 9 equal rectangles.
- * Draw a bug image in each rectangle - any kind you like - we did ladybird, spider, spider web, butterfly, caterpillar, dragonfly, ant, flower, leaf. Photocopy or trace this sheet 4 times.
- * Use crayons, pencils or Textas to make the images bright and colourful.
- * Cut up all the rectangles with scissors or cutting knife.
- * Arrange one of each of the 9 bug images on each of the four A4 pieces of cardboard so that each board has 9 different images but arranged in different orders for each board.
- * Glue the paper images onto the cardboard with PVA glue and also coat with the glue and allow to dry (it dries clear).
- * Cut up the 9 rectangles of one of the boards - these are the cards for the game.
- * Cut the extra cardboard into 36 squares to make the 'markers' for the game.

To Play

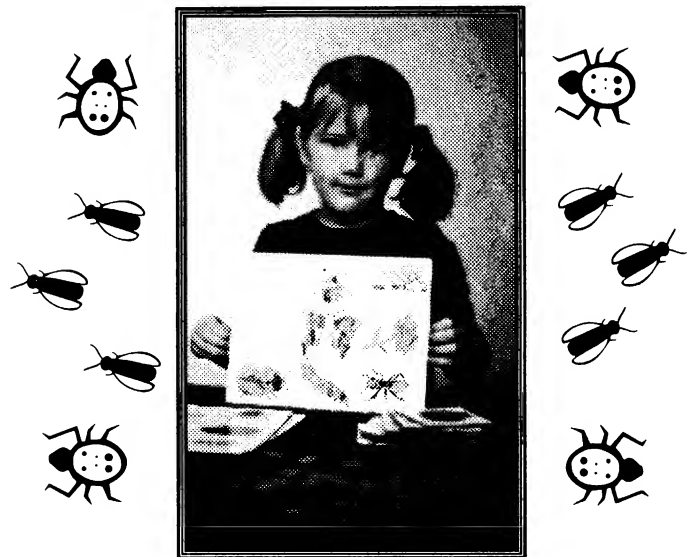
- * Each player takes one of the cardboard sheets and nine markers.
- * Place the nine cards with the images on face down in a pile within reach of all players.
- * One player turns over one of the cards from the pile and all players put a marker where that image appears on their cardboard sheet.
- * Players take turns at turning over one of the cards. The first player to have three markers in a row on their board - horizontally, vertically or diagonally yells out BINGO! (or BUG BINGO!) and wins the game.



BUG FACTS

Did you know?

- * The word bug is often used for any kind of insect, but real bugs are the group of insects that have mouthparts that pierce and suck.
- * A flea can jump 100 times its own height.
- * Most spiders have bad eyesight and sense other animals around them through the hairs that cover their body and legs.
- * Of the 35,000 known species of spiders, only about 500 can get their poison into human skin.
- * When two ants meet they touch each other with their antennae to let each other know if they are from the same nest and pass on the taste of any food they have found.
- * In an ant colony, only one lays eggs - the queen. The eggs are carried away by worker ants who tend and feed the young after they hatch.



Violet setting up a game of Bug Bingo.

BOOK REVIEW

Insects & Spiders

by George Else & specialist staff, Dept of Entomology, The Natural History Museum London.

One of the Discoveries reference series for children by Allen & Unwin, this book includes sensational photos of the insect and spider worlds. The text is divided up to captivate and easily comprehend. An ideal book to spark interest in this fascinating world or for insect and spider lovers to devour.

P/b, 64pp, Little Ark, Allen & Unwin, RRP \$14.95.

WHAT'S SPECIAL ABOUT YOUR LOCALE?

MARION BAY

by Mark Trimboli, Marion Bay, SA.

Looking out my window I see the acacia bushes, their tiny white flowers splashed like snow stars across the green. The sea, almost quiet today, murmurs low. I glance up further, over the flame trees and a belt of native pines, and there, along the sweep of the shoreline, out juts the old jetty. It is a steadfast reminder of days gone by when the 'tall' ships came – loading up bags of gypsum, salt and local grain.

Mr Pelican, perched precariously atop a lightpole, has eyes for all and sundry below – you would think he owns the place! This is Marion Bay, situated at the heel of the Yorke Peninsula in SA, about 300 kilometres from Adelaide. It is a lovely, quiet, beachside township with nearby Innes National Park, a haven for nature lovers, fishers and surfers alike.

Called 'Kokudawi' by the local aboriginals, who often used to come here to spear fish in the shallows by torchlight, the area remains a popular fishing spot today. A sheltered cove named Penguin Point, a one-time rookery, lies at one end of the bay.

There is a modern (cheap) caravan park positioned right on the beachfront and other award-winning accommodation available. There is a tavern, local shops and craft groups and community-based sporting facilities. There are many bush camping sites nearby, offering unique opportunities to camp amongst the resident roo, emu and mallee fowl population, allowing a true



The old jetty at Marion Bay, a focal point in miles of beautiful windswept beaches.

wilderness experience in an unspoilt natural bush setting.

The coastal scenery hereabouts is spectacular and there are miles and miles of windswept beaches to discover and explore. It is a really special place and one that you would enjoy visiting (especially the city-weary), and I (and Mr Pelican) wouldn't live anywhere else!

MUNDINGBURRA

by Frances Dunn, Mundingburra, Qld.

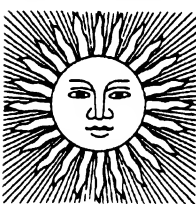
The trees, birds, butterflies and possums and smaller beings (not all friendly to people and plants) all co-

exist in my home – Mundingburra – place by the water. It's a suburb southwest of Townsville that has given me 20 years of pleasure.

My quarter-acre block has undergone many changes, according to needs and inclinations of my many residents and family. Fruit trees, bird-attracting flora and one vegie patch are all I can cope with these days. The nearby Ross River provides a magnificent early morning walk and wonderful neighbours and visitors constantly interrupt my peaceful existence. With walking access to shops, library and bus, I keep fit and enjoy the weather varying from parched to pouring to perfect!

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US-42	Rigid	928	741	46	6.27	3.3	\$349
US-32	Rigid	1366	383	46	4.80	2.5	\$299
US-21	Rigid	928	383	32	3.00	1.6	\$239
US-11	Rigid	491	383	22	1.63	0.8	\$179
USF-32	Flex	1430	425	5	2.14	2.5	\$449
USF-11	Flex	554	425	5	0.91	0.8	\$199
USF-5	Flex	554	247	5	0.54	0.4	\$129

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I moved here from Magnetic Island after a marriage break-up and initially wondered how I'd adjust to city life, but magical Mundingburra captured my heart and twenty years later I believe I've found my own corner of paradise.

PALMERSTON

by Linda Begg, Palmerston, NZ.

Palmerston, population 900, handy to Dunedin city, 40 minutes drive south. It is a junction town where you turn inland to central Otago. Just far enough out for land to be cheap, but still close enough to be in touch with NZ's best university.

On coastal hills, it gives us access to the sea, with views from home (2.5 kilometres from town) that have to be seen to be believed. Very handy is Bobbys Head, a yellow-eyed penguin sanctuary. The area has a microclimate all of its own, being warmer and drier than Dunedin (winter 10°C, summer 20°C and 60 cm annual rainfall).

A very close community serving a farming area, with many retired people in town, who I keep finding have both talent and time to spare. On our 80 acres the house is set up 400 metres from the road which give us lots of privacy, and I can always go outside to the view and the silence.

In town we have the basics: two grocers, two garages, two pubs, health clinic, vet clinic, library, schools, volunteer fire brigade, and the usual array of shops and eateries, and of course the newsagent for our copy of *Grass Roots*.

It takes both location and people to make a place, and Palmerston has both. We can recommend it. Newcomers welcome.



The spectacular view of the coastal hills from Linda Begg's Palmerston home.

MOUNT MORGAN

by Lynda Corbridge, Mt Morgan, Qld.

The best kept secret in Australia is situated a half-hour's drive from Rockhampton in central Queensland. Less than a hundred kilometres to the beautiful Capricorn coast and within easy flying distance to the world! Two words sum up the Mount – history and community. The gold mine bankrolled many an Australian and British project while it was operational, now it is an interesting and educational tourist experience.

The town boasts schools, shops, doctors, post office, library, hospital, churches, police station, ambulance etc. There are craft groups, pottery, the railway society, a rodeo association, swimming club and many more for those who like to join in.

The climate is typical Australia – sometimes blistering hot, sometimes below zero. We can have wet summers and dry winters. We can have droughts

and floods, but it is always beautiful Aussie bush.

Some areas in town are better than others for growing things, but with a new dam and refurbished town water system, there is enough water for most gardening endeavours. I grow salad veggies all year round, haven't bought a tomato in years, and native plants such as grevilleas and wattles do extremely well.

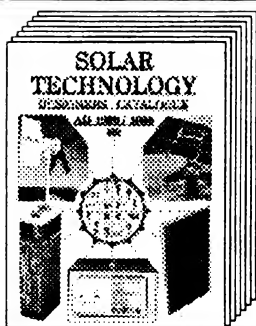
If you are looking for a cheap house or a block of land to start up, do consider Mount Morgan in your search. Stop for lunch in the main street at central Queensland's best bread and home-made pie shop, smile and have a chat –

★ the natives are very friendly!

★ **AND THE WINNER IS...** ★

It's time to announce the winner of our competition. Back in GR126 we invited readers to tempt us with a description of their special place. We've been overwhelmed by the response and in this issue's Gumnut Gossip page we reveal the locale that most enticed us to pack our bags.

Solar Technology Designer's Catalogue 1999



Now entering its 9th year, this compelling 150 page design manual/catalogue is endorsed by thousands of enthusiasts as their *renewable energy bible*! This edition is substantially revised, and written in a clear and innovative style to keep you abreast of this rapidly evolving field.

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IN THE KITCHEN

Until your winter vegetable crops start producing, make the most of the last of the summer bounty. The recipes that follow enable you to use your eggplants, zucchini, capsicum and carrots in delicious ways. You should also consider making pickles and relishes to extend your enjoyment of summer vegies. See GR 125 for recipes.

EGGPLANT FRITTERS

- 1 eggplant sliced thinly, about 5mm
- 1 egg beaten

Flour seasoned with a generous amount of cumin and coriander powder and black pepper

Oil for shallow frying

Spread eggplant slices with a generous amount of salt and leave in the colander for about 1/2 hour. Rinse thoroughly and dry on a teatowel. Dip eggplant slices into egg, flour mixture and fry in hot oil, turning once when batter is golden. Dry on absorbent paper and serve immediately with your favourite dipping sauce – sweet chilli is a good combo.

KUMARA PATTIES WITH MANGO SAUCE

3 cups cooked, mashed kumara (sweet potato)

- 1 cup cooked brown rice
- 1/2 small salad onion, diced finely
- 1 egg beaten
- 1 dessert spoon cumin powder
- 2 cloves garlic, mashed
- 1 small zucchini, grated
- spring onions, chopped finely

Few pinches of plain flour sprinkled through the mixture.

Mix the above ingredients and fry patties until brown on both sides. Serve with a sauce made from 2 tablespoons of mango chutney mixed with 4 tablespoons yoghurt. Garnish with sprigs of Asian mint or coriander.

BAKED VEGETABLE COMBINATION WITH CHEESY HERB SAUCE

- Roma tomatoes, halved lengthways
- Baby eggplant, halved lengthways
- Small zucchini, halved lengthways
- Potato, cut into large chunks

Red capsicum, seeded and cut into large chunks

Small onions, peeled but kept whole.

Drizzle vegetables with olive oil and bake. Begin with those that take the longest time to cook, and add others throughout the baking process. Keep warm on a serving platter.



Sauce:

Make a basic white sauce by melting 1 tbs of butter and 1 tbs of plain flour in a frying pan and cook until the mixture bubbles, stirring constantly. Remove from heat and slowly stir in 1 1/2 cups of milk. Bring to the boil, stirring regularly, until mixture has thickened. Add in 1 dsp of finely diced marjoram (or herb of choice) and 3 heaped tspn of grated cheese. (A hard cheese like Parmesan or Romano adds a piquant flavour.) Stir over low heat while cheese melts but do not allow mixture to boil. Pour over vegetables and serve.

HERBY NUT LOAF

This loaf is tastier if you use one type of nut, rather than a mixture. Either cashews or hazelnuts would be an ideal choice. The mixed flakes mentioned could comprise barley, rye or triticale flakes, or rolled oatmeal, all available at health food shops.

- 1 cup chopped nuts
- 2 eggs
- 1/2 cup vegetable juice
- 1/2 cup plain yoghurt
- 1/4 cup wholemeal breadcrumbs
- 1/2 cup mixed flakes
- 1/4 cup wheatgerm

2 cups finely chopped vegies
2 tsp fresh majoram or savoury, chopped

Extra nuts for use on top

Beat eggs, mix in juice and yoghurt. Add dried ingredients, vegetables and chopped herbs, stir well. If the mixture is dry and crumbly add more vegetable juice. Spoon into a greased ovenproof loaf dish, sprinkle with extra chopped nuts and bake in a moderate oven for 30 - 40 minutes. Test with a skewer to see if centre of loaf is mixed.

MELON ICÉ

- 50 g raw sugar
- 120 ml apple juice
- 450 ml melon puree (cantaloupe, watermelon or honey dew)
- 4 mint leaves

Combine sugar, juice and mint and heat until the sugar has dissolved. Cool the mixture, remove the mint, and mix in the melon puree. Pour into a shallow dish and place in the freezer. Stir every 30 minutes until the mixture begins to set. For a slightly tarter flavour, double the sugar, use water instead of juice and add 1 tbs of lemon juice to the water.

TONY'S CARROT SENSATION

- 1 kg carrots - grated
- 1 - 2 cups fresh coriander – chopped coarsely
- 1 cup unsalted peanuts

Dressing:

- 2 cloves of garlic – chopped finely
- 1 part white vinegar
- 1 part water
- 1 part fish sauce
- 10-15 teaspoons of sugar

Method:

Place peanuts in a dry frying pan over a very low heat. Stir often and fry until you get a good roasted peanut aroma. Be careful not to burn the peanuts. Combine the grated carrot, chopped coriander, and roasted peanuts in a bowl and mix.

Dressing:

Combine garlic, vinegar, water, and fish sauce in a container and mix. Begin adding sugar and stirring. Keep adding sugar until the desired sweetness has been achieved. Note amounts in dressing and ingredients can be altered according to personal taste. Dressing should be very sweet. This balances the saltiness of the fish sauce. Any type of sugar is OK. Brown sugar gives a lovely richness to the dressing.

GIFT BOXES

by Sherryn Savage, Currambine, WA.

So simple, yet so effective. What a wonderful way to present that special gift. With a little effort and a bit of imagination you can add this lovely touch to all your gifts. Make them in any size for both males and females of any age. The added bonus is that the boxes are great to use once the gift is opened. Depending on their size and style, they can be used for such things as trinkets, jewellery, paperwork and odds and ends. One thing you can be sure of is that this extra special touch is well worth the effort.

MATERIALS

All boxes require thick cardboard and PVA hobby glue. The amount will depend on the size of box you intend to make. As for the trimmings, that's entirely up to you.

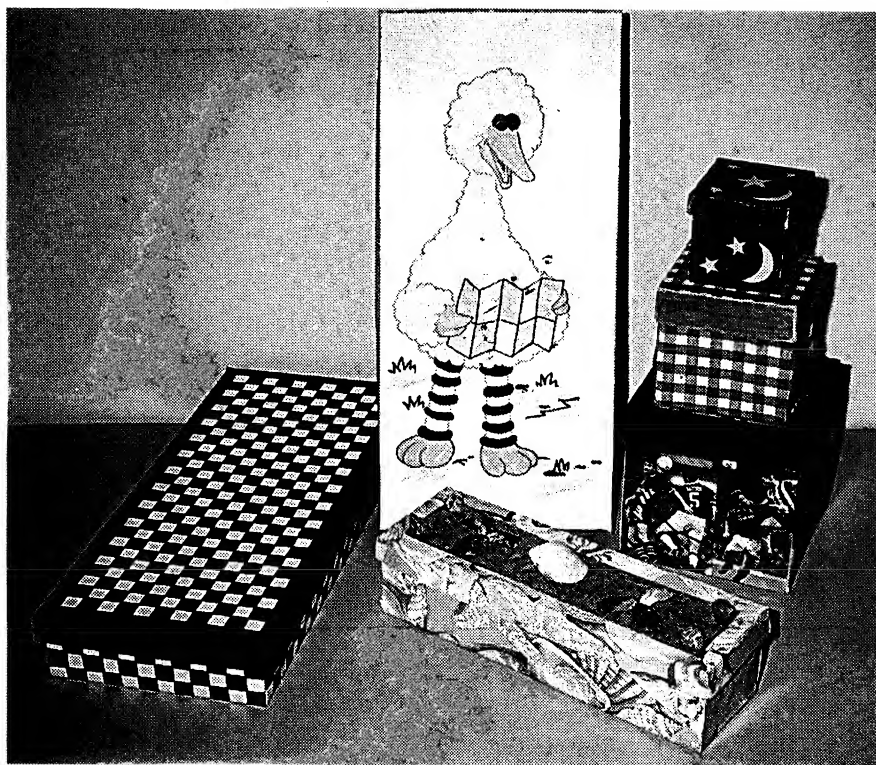
Here are a few ideas to get you started:

- cover with wrapping paper
- glue on shells and buttons
- sprinkle with glitter and sand
- decorate with dried flowers
- cover with fabric and lace
- draw on your own design
- paint on a design
- decorate using stencils
- For a child, draw or trace on their favourite story character or, why not combine some of the above ideas onto the one box?

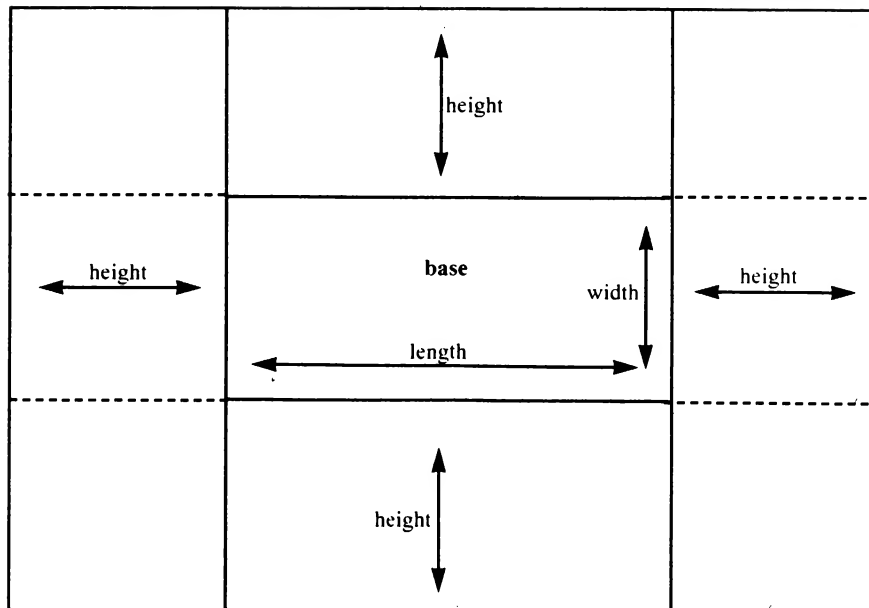
TO MAKE BOXES

First you must decide what size box you require (height, length, width). Then calculate the overall size of the cardboard as follows:

$$\begin{aligned} \text{length} + \text{height} \times 2 &= Y \\ \text{width} + \text{height} \times 2 &= Z \\ Y \times Z &\text{ becomes the overall size.} \end{aligned}$$



Plan Of Box



————— fold - - - - - cut

LIDS

Follow the same instructions as for the box, allowing an extra 4 mm to both the length and width. This will enable the lid to fit over the box. The height will become the sides of the lid and you can choose your own measurement for this.

Once the box is made, the fun begins. It's time to decorate. So put your imagination to work or refer to the ideas on the materials list.

Once you have determined your overall size, cut the cardboard to suit. Then, using a pencil and ruler, mark out where the cardboard will need folding and cutting. To do this refer to the diagram. Once you have marked it all out, cut and fold inwards where indicated. The corner sections should be folded into the inside of the box and glued firmly into place.

GARDEN BOUNTY

Chamomile

by Cheryl Beasley, Karalee, Qld.

Chamomile is a beautiful plant that looks great in any style of garden, requires full sun and likes a well drained position.

Chamomile has been used for years for it's special soothing and cooling properties. It has a remarkable healing effect and can be taken internally and used externally for maximum benefit.

CHAMOMILE FACE STEAMER

(Do not use if you have any breathing difficulties such as asthma)

- 1/2 cup fresh chamomile flowers
- 1 tbsp parsley
- 1 tbsp yarrow
- 1 lt boiling water

Place the crushed herbs in a bowl and pour over the boiling water. Place a towel over your head and the bowl to form a tent then remain over the steamer for approximately five minutes. Tone and

moisturise afterwards.

CHAMOMILE AND LEMON ASTRINGENT

(oily skin)

1 cup chamomile infusion

1/2 tsp lemon juice

1 tsp white vinegar

Combine all the ingredients together and bottle. Keep refrigerated.

CHAMOMILE MILK

1 cup fresh chamomile flowers

2 1/2 cups water

tincture of benzoin

Place the flowers and the water in a saucepan and bring to the boil. Simmer for half an hour then strain the liquid into a bottle. Add a few drops of tincture of benzoin until the mixture appears milky. Only a few drops are needed. Use on the



skin when required.

CHAMOMILE LIGHTENING RINSE

1 cup fresh chamomile flowers

2 1/2 cups water

Boil the water and pour over the flowers to make an infusion. Leave overnight and strain. Pour the chamomile lightening rinse through clean hair for a wonderful conditioning and lightening boost.

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FOOD FOR SHEEP

by Sharon Perrin, Gorokan, NSW.

The natural pastures of Australia can furnish the bulk of the feed supply for sheep, but it must be stated that a good mixed pasture provides the best-balanced diet for all classes of sheep. The following is a list of indigenous and introduced grasses, clovers, herbage and fodder plants available for sheep. They are not listed in order of nutrient value.

INDIGENOUS GRASSES

Spear or corkscrew grass (*Stipa* spp) Drought-resistant. Note the seed is troublesome in late spring, particularly in young sheep.

Wallaby and white-top grass (*Danthonia* spp) These maintain growth throughout the year. Palatable to sheep and grow well with corkscrew grass. They are fine-leaved, tussocky grasses with well-developed tufts of hair on flowers. Exceptional drought-resisters.

Mitchell grasses (*Astrebla* spp). Extremely valuable grasses. Curly and bull Mitchell most palatable to stock. Require good summer rain and mild winter. Rapid growers.

Flinders grasses (*Iseilema* spp). Palatable and nutritious. Relished by sheep even when dry.

Kangaroo grass (*Themeda* spp). Valuable on lightly stocked areas. Coarse for sheep but good fattening.

Love grasses (*Eragrostis* spp). Also known as 'neverfail'. Drought resistant, hardy, useful in dry spells.

Queensland blue grass (*Dichanthium sericeum*). Good summer grass but not drought resistant.

Star or windmill grasses (*Chloris* spp). Well adapted to dry conditions. Relished by sheep. Perennial varieties of this species valuable in rehabilitating overstocked pastures.

Brown-top or sugar grass (*Eulalia fulva*). Very hardy grass and good fodder. Good standby in Qld and NW of NSW.

Coolah grass (*Panicum coloratum*) grows in clumps 45 centimetres diameter. Stands dry weather well and liked by stock.

Panic grasses (*Panicum* spp). There are several species other than the coolah above. Grow in clumps, and although more for cattle are liked by sheep in young stage. Good drought resisters. Other species are warrego summer grass (*Paspalidium jubiflorum*) and native millet (*Panicum decompositum*).

INTRODUCED GRASSES

These are some of the more important introduced grasses.

Perennial rye grass (*Lolium perenne*). Requires high fertility soil and good rainfall.

Wimmera rye grass (*L. rigidum*), more for drier areas with winter rainfall.

Toowoomba canary grass or phalaris (*Phalaris tuberosa*), perennial in SE Australia. Suited to variable seasonal conditions and heavily stocked conditions.

Cocksfoot (*Dactylis glomerata*) needs cold climate and high fertility soil. Does well on coast and tablelands.

LEGUMES, CLOVERS, MEDICS

Subterranean clover (*Trifolium subterraneum*). Contributes to soil fertility. Several varieties. Important to use types suitable for area.

Lucerne is a summer legume of high food value. Suited to flats



and dry-land use under judicious stocking. Other legumes of value are white, red and crimson clover, and barrel, burr and small burr medic.

HERBAGE

Sheep fatten quickly on herbage. The following may be useful.

Crowsfoot (*Erodium* spp)
Pepper cresses (*Lepidium* spp)
Nardoo (*Marsilea drummondii*)
Fenugreeks (*Trigonella* spp)
Groundsels (*Senecio* spp)
Parakeelya (*Calandrinia* spp)
Pigweed (*Portulaca oleracea*)
Paddy melon (*Cucumis myriocarpus*)
There are many others.

SALTBUSHES

In semi-arid and arid areas various saltbushes provide useful feed for sheep and are of value in drought. They are drought resistant and protect the soil against wind erosion. They form a lodgement for seeds and are helpful in areas denuded by ringbarking. Saltbushes add considerably to the carrying capacity of properties during drought. There are many varieties, below are some of the main types.

Old man saltbush (*Atriplex nummularia*)
Bladder saltbush (*Atriplex vesicaria*)
Creeping saltbush (*Atriplex semibaccata*), one of the best, and *Atriplex hamiloides*
(*Atriplex* is the most important genus).

Rhagodia hastata and *Rhagodia linifolia* have succulent fruits and hastate leaves (with a pointed tip and two outward pointing lobes at the base).

Chenopodium trigonon grows on light red soils and sandy soils.

EDIBLE TREES

The following are some of the more common edible trees and shrubs that can be lopped during a drought as feed for sheep.

Kurrajong (*Brachychiton populneus*)
Wilga (*Geijera* spp)
Mulga (*Acacia aneura*)

Rosewood (*Heterodendrum oleifolium*). Can cause mortality from hydrocyanic acid poisoning under some conditions. Young growth is more likely to cause problems than old. Do not feed it when leaves are wet with dew or rain.

Leopardwood tree (*Flindosia maculosa*)

Myall (*Acacia pendula*)

Emu bush (*Eremophila* spp)

Currant bush (*Leptomeria acida*)

Needlewood (*Hakea tephrosperma*)

Supplejack (*Flagellaria indica*)

Currawong (*Acacia doratoxylon*)

Beefwood (*Grevillea striata*)

Yarren

Colane or celane

Gidgee (*Acacia cambagei*)

Willow-like acacia

Whitewood (*Atalaya hemiglauc*). Young suckers and fruit are poisonous to horses.

Brigalow (*Acacia harpophylla*). The sap is a skin irritant.

Quandong (*Eliocarpus grandis*)

Ironwood (*Metrosideros robusta*)

Box (*Buxus sempervirens*)

Belah (*Casuarina lepidophloia*)

Coolibah tree (*Eucalyptus coolabah*).

Regeneration of the above species can be achieved by the removal of stock from small areas surrounding existing stands. Mulga and wilga can be reached by sheep. As long as water is in supply sheep will keep in fair condition during warm months on any of these fodder trees and shrubs. When sheep are feeding on scrub some grain is desirable.

Sometimes sheep will refuse to eat some of the well-known fodder trees when they have been lopped. Others, like the wilga, are eaten only after they have wilted. Previous researchers have noted that mulga (*Acacia aneura*) found in WA is most unpalatable to sheep (even edible varieties) under any circumstances.

References

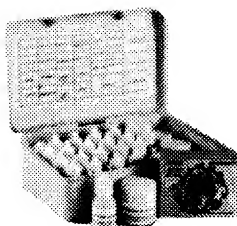
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The Australian Gardener's Wildflower Catalogue, 1987, Denise Greig.

For further information contact the Department of Agriculture in your state for fact sheets. The NSW Department of Agriculture have a multitude of fact sheets available on all aspects of sheep management. Ask for a publications list as each subject is printed on a separate leaflet and cost varies. The CSIRO are very helpful with information on plant diseases and new varieties.

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LOOKING BACK

by Gwen Orreal, Ravenshoe, Qld.

I started reading GR magazine in the early '80s, here we are in the late '90s. In 1981, we were young, single income, with one baby, just getting started. We used to sit on our suburban veranda in our defence-force home watching the traffic go by and dream of our 'hobby farm'.

My husband left the forces in 1985 and we moved three small children and a caravan onto a semi-rural block out of town. We purchased our first chooks, got a couple of ducks, guinea pigs and a dog. The land, dubbed 'the rock', was unsuitable for vegetable gardening, but that did not stop us from trying and trying and trying. Living in a caravan under a shade tree in Townsville is not my fondest memory, but as we were living rent-free we were able to save money for our hobby farm.

By December 1987 we had finally achieved the dream, 20 acres of open forest on the western side of the Atherton Tablelands. Our family and friends thought we had really lost it. We moved our trusty old caravan (now with a leaky roof) and four children up to our paradise. On the block were four three-by-three metre sheds, the first thing we did was line them up in a row. The first shed became the laundry and bathroom. With the second and third we took out one wall, thus creating a six-by-three metre dining and lounge room. The fourth shed became the master bedroom. We parked the van beside them and raised the canvas annexe wall to horizontal and it sat on the roof of the sheds. The children slept and I cooked in the van. We planted grape and passion fruit vines over the sheds, had a vegie garden watered from the bathtub drain, and planted bananas and pawpaws around the van to shade it.

Our first year was just a horrendous nightmare. We thought we were prepared. Ha! We had a rainwater tank for drinking water and dam water for everything else. Our block had only been used as a weekendender so the tank had been able to keep up with demands, not any more. We started taking 20 litre cans into town with us, but when the dam started to dry

out it became clear that we needed an alternative water source. We called out the driller and got a bore sunk. We then made our first mistake. We bought a second-hand submersible pump, 66 metres of expensive wire, electric cable and polypipe were attached and we were in business. The pump lasted for a fortnight before we had no water. Nightmares!

Lowering this pump had not been an easy job, dragging it up was almost impossible. Eventually, we got the blasted pump out and took it to the pump doctor who pronounced it dead. Replacement was going to cost \$1000 and we had just spent all our money on the bore. We sat around in despair for a couple of days and ended up disconnecting the rainwater tank from the house, setting it up on our trailer and towing the tank to the council pumping site almost 15 minutes away. Every five days we filled the tank and towed it home. Thank heavens our vehicle was strong enough to cope with this extra work. Every fortnight we put \$200 away to save for our pump and we got there eventually. I remember the joy and delight when we finally sunk our new pump and up came

the wafer. How I remember dancing under that hose.

With our very next \$200 we bought our first pigs, tie wire and a bag of feed. We had enough change left to buy the kids an ice block. We built a pig pen out of bush timber and tie wire, with information from a GR article I think. We put the three little pigs in their new house and they were small enough to squeeze out through the gaps in the rails. At day's end we had recaptured one pig, the other two were 'out there' somewhere. The following day we found our runaways in the chookhouse. Our days from then on were spent chasing pigs home, by the time they were too big to fit through the rails they were so used to freedom that they climbed out over the top. We put our \$200 a fortnight into building a proper pig pen and what a pen it was. Cement sloping floor, drains front and back, loading ramp and small dirt yards out back.

Our early days were hard and sometimes heart-breaking and if we had the choice we may have been tempted to move back into the city and get our old jobs back, but we had burned our bridges and were determined to stay.



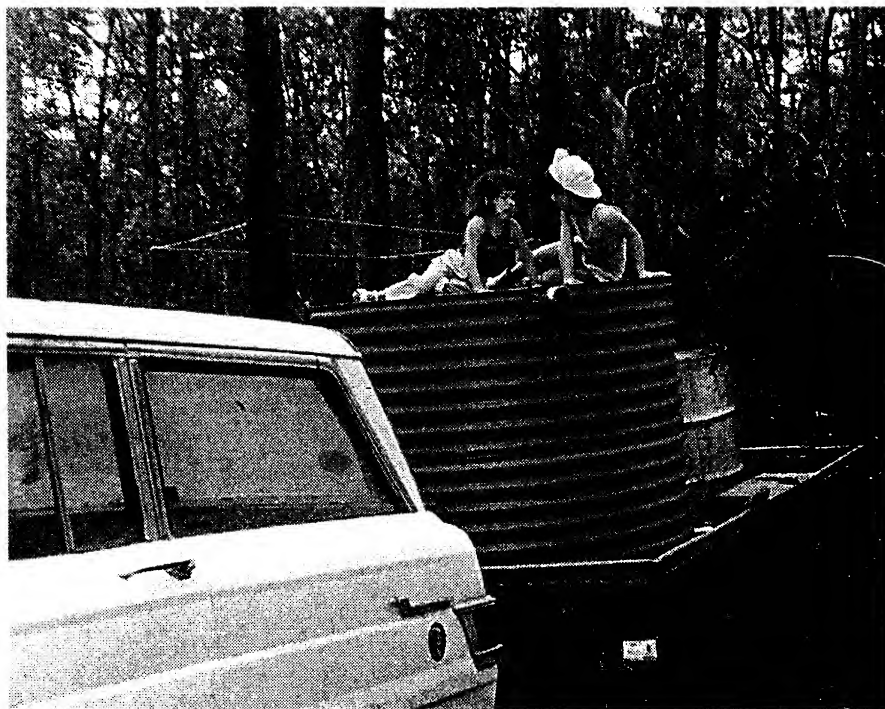
Our new home the day we arrived with our caravan in tow..

Our toilet was a long-drop dunny that faced towards the dam, it had walls but no door. My mum and grandmother used to whistle the whole time they were there to let others know the 'room' was occupied. We used to say that seat had the best view on the block.

Our cooking facilities consisted of a gas burner in the caravan (which came in handy when it was raining) and a fire outside. Over the fire we had two camp ovens, a barbecue plate and billie. The small camp oven was for the damper and the other for the meat and vegies. Another fire was lit to heat the donkey which supplied the bathroom/laundry.

We grew our own vegies and even supplied the local fruit shop for a while, we planted 200 Bowen mango seedlings for our retirement fund. We have had just about every farm animal known to man, except sheep. We tried goats, but you need to have a lot of patience with goats and they do so much damage to mango seedlings. We gave the four goats away and got one small Jersey milking cow. We called her Music and her calf Mouse. I like cows and enjoy watching them. I like the absolute trust they place in you. Music is gone now and we have a Freisian cow in calf that I just call Girl. The ducks are gone also – they are the only animals that can poo their own body weight, and our youngest was crawling at the time.

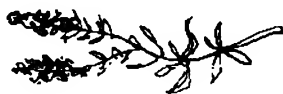
We used to sit under a tree on our log in the evenings and watch the birds swoop over the dam and dream of the house we would build. By 1994, almost seven years and one more baby later, our house was half-finished and we decided to move in. By now the kids were too big for their beds in the caravan and the small leak in the roof had become a gaping hole covered with plastic and weighted down with rocks. (There's another story there, but that will have to



One of our many trips, every five days for a while, to collect water from the pumping site, 15 minutes away.

be another time.) It is great having so much space. My kitchen is almost as big as the whole caravan, and the novelty of a flushing toilet took ages to wear off.

Today, our house is still being finished, the kids are now teenagers, I look in the mirror and the person looking back is middle-aged. We lease a small business in town and both work to support our lifestyles and put our kids through school. The caravan is long gone, the sheds are still there full of tools and junk. We go down occasionally and sit in the cool and reminisce, and reckon, one day when the kids are off our hands, we might just move back.



*A loving person lives in a loving world,
a hostile person lives in a hostile world.
Everyone you meet is your mirror.*




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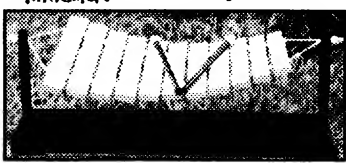
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ESPALIERING MADE EASY

by Bob Magnus, Woodbridge, Tas.

Despite what the gardening media can imply, people who actually do produce their own food, or part of it, know it is not a matter of skipping through a flower-dotted lawn to pick a perfect lettuce or a plump peach from a sweet little garden ringed with calendulas. The sweet little garden is more likely to be ringed with wire netting or electric fencing to keep out the possums, wallabies or rabbits, often with netting over the top to exclude parrots, blackbirds, currawongs and silver eyes. The feedback I get from friends and customers who buy my fruit trees is that it can be a battle to get trees to fruiting size and then a bigger battle to actually harvest the fruit!

Over the last 20 years I have developed a system whereby we can get most of our apples, pears and berries. It's a system of growing dwarf fruit trees on espaliers where they are grown in an intensive way and can be easily covered by netting when needed. It's not an original system, in fact, because of shortage of suitable land and its high cost, many (indeed most) orchards in Europe are now being grown in this manner.

Thirty years ago most apples and pears were grown on large old trees that were meticulously pruned to vase shapes, often taking seven or eight years to start production. Today the imperative is to get the trees bearing as soon as possible, preferably in their second year, and it is not the amount of fruit per tree that counts, but how much can be obtained per hectare that is important. In short, there has been a revolution in the cultivation techniques of orchards throughout the world. Many purists and nostalgists are very scathing about this development, but it suits very much the needs of many people who live in rural Australia, often with bush close by and lots of wildlife to contend with.

This system firstly depends on growing small trees on wires, known as espaliering. When you mention espaliers to just about any intending fruit growers, they look at you in stunned disbelief and quietly change the subject. There are many very erudite and complex books on this subject in just about every local library and they leave you with a feeling of total disorientation and confusion, but

it is not really like that, It's easy! All you need is a sense of adventure and the willingness to try, and of course, the trait that

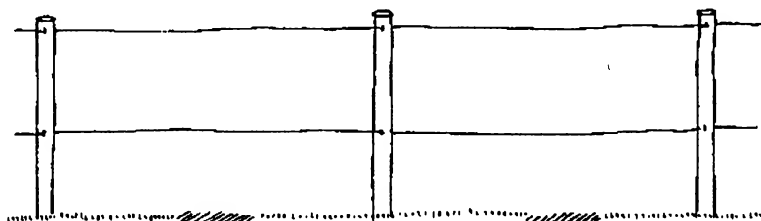
identifies the true gardener — patience. After all, what's another year but four seasons in the garden?

ESPALIERING SEQUENCE

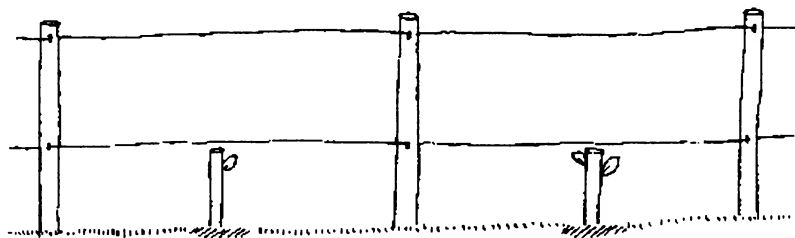
Okay, down to business. The infrastructure is a trellis, actually three trellises, each ten metres long with posts at two-metre intervals and two metres tall, out of the ground.

There are any amount of different materials you can use: treated pine, hardwood, steel picket-type stakes, old galvanised pipes etc. For the horizontals,

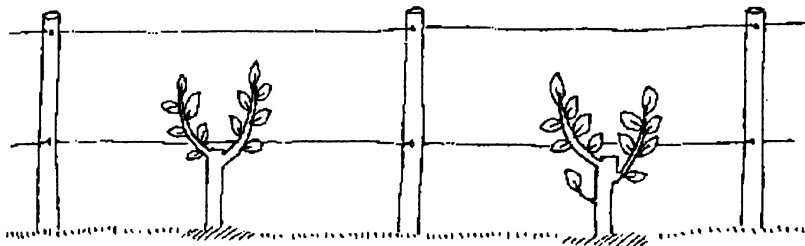
you probably would use wire, but my cherries and grapes both have wooden (sawmill offcuts) horizontals and that's fine.



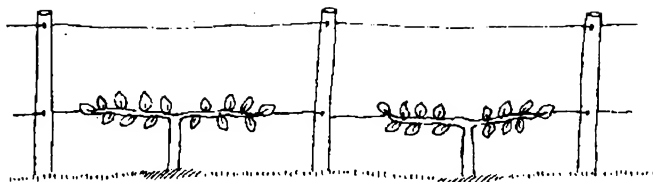
The whole structure should be firm, but it is not necessary to outlay a fortune. When the trees grow they become quite self-supporting. Two wires are stretched between the uprights to approximately 90 centimetres and 180 centimetres in height. There are systems with lots more wires but I find that two are quite adequate. The little trees are planted in the middle of the posts and cut off below the bottom wire.



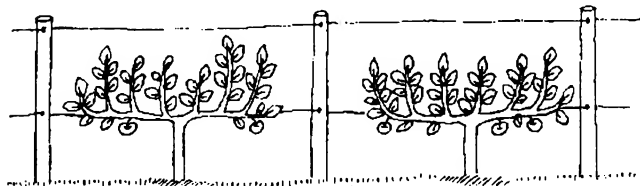
In the first year these little trees with suitable attention (that is, no competition from weeds and grasses, no errant whipper snippers; adequate mulch, fertiliser and water, but not too much), should put out some good growth like this.



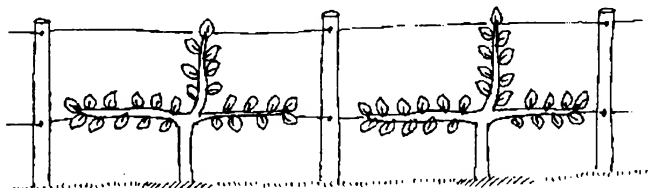
All growth except the two strongest shoots is cut away and these are tied down to the bottom of the wire in winter.



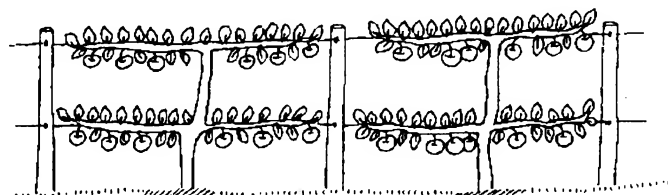
At the end of year two things should be a bit like this.



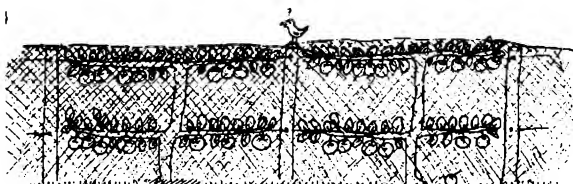
The tips are tied down yet again and all growth cut away except the one upright that will grow up to the top wire.



In subsequent years the process is repeated: the tips are tied down and the upright growth cut away.



After about five years things should look a bit like this.

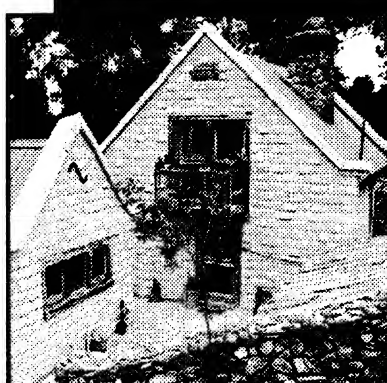


When the fruit starts to mature, it is easy to cut away the young, upright growth on the top row and cover the lot with a net.

This system is very flexible; each tree and each variety has its own vigour. In time the varieties may grow into each other. You just have to watch and observe. If you're a bit of a shortie, you may prefer to put the bottom wire at 60 centimetres and the top wire at 1.5 metres. If you are really tall, you might go for 1.1 metres and two metres. I find two metres apart is about the optimum for my dwarf trees, however you could plant them much closer and let them overlap and grow into each other. If you wanted to use normal apples and pears on vigorous understocks, the distance apart and height would have to be much greater generally to compensate for the natural growth habit of much larger trees.

And why have three rows of five trees each? Well, each row represents different ripening times. The first row is of trees ripening in January and February, the second row are mid-season varieties and the third row is for the late ones. Below are lists of varieties that would fit into each category. Again, there is a lot of flexibility here. If you have a huge family and make lots of cider and pies, you may wish to have a row of 10 earlies, 10 mids and 10 lates, or if you are a little old couple, maybe two of each would be sufficient. If you keep equal numbers in each row and plant according to ripening, you will only have to buy one net. When you have picked the earlies, move the net on to the mid-seasons and finally on to the late ones. Our nets are 10 years old and should last a good while yet.

Also, this system lends itself perfectly to drip irrigation. Even in the most arid areas you shouldn't suffer from lack of water. Along the bottom wire 12 metres of black poly pipe is hooked on and a dripper inserted just above each tree. I find the absolute minimum dripper, say one litre per hour, is quite ade-



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Early	Mid-Season	Late
(January/February)	(March/April)	(May/June)
Alexander	Andre Sauvage	Adam's Permain
Beauty of Bath	Autumn Permain	Alfriston
Devonshire Quarrenden	Blenheim Orange	Belle De Boskop
Discovery	Cat's Head	Bess Pool
Early McIntosh	Cleopatra	Bramley Seedling
Early Victoria	Cox's Orange Pippin	Braeburn
Gravenstein	Doctor Hogg	Cornish Aromatic
Irish Peach	Egremont Russet	Cort Pendu Plat
Keswick Codling	Esopus Spitzenberg	Crofton
Lord Nelson	Gala	Court of Wick
Maiden's Blush	Geeveston Fanny	5 Crown Pippin
Tydemans Early	Golden Delicious	French Crab
Vista Bella	James Greeve	Freyberg
Worcester Permain	Kandil Sinap	Fuji
	Kidd's Orange	Gloucester 69
	Lady in the Snow	Golden Hervey
	Laxton's Fortune	Granny Smith
	Lord Lambourne	Jonagold
	McIntosh	King of Thomkin's County
	Peasgood Nonsuch	Lady Williams
	Pine Golden Pippin	McIndoe's Russet
	Prince Alfred	Mutsu
	Ribston Pippin	Pink Lady
	Spartan	Prinzenapfel
	20 Ounce	Reinette de Anglettere
	Xavier de Bavay	Splendour
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		Suntan
		Sturmer Pippin

quate. With an efficient modern filter you can even use grey water and an absolute minimum of pressure is required. Pipes and water lines are off the ground away from mowers and whipper snippers. As the trees grow, the original dripper can be blocked up and two drippers inserted about 30 centimetres away on either side of the main trunk.

So, before you plant your next orchard, think about it! It works well for us and it may do for you.

For a list of fruit trees on dwarfing rootstock write to: Bob Magnus, Woodbridge Nursery, PO Box 90, Woodbridge 7162.

APPLE COMPANIONS

Apple trees do not thrive with grass growing underneath. An undercrop of clover will encourage apples to keep well. Foxgloves and wallflowers enhance fruit quality. Marigolds aid pest resistance. Nasturtiums repel aphids and chives near the trunk help prevent apple scab. Don't plant apples near potatoes, nor store apples in the same area as potatoes or carrots.



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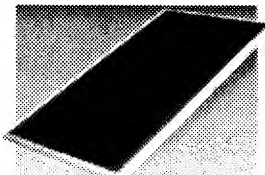
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RECYCLING RUNS RIOT

Recycled Palm Trees

by Roberino, Arrawarra Beach, NSW.



Every day I see utes and trailers full of palm trees that have been cut down and cut up. It seems that you either love them or hate them, or maybe they have been planted too close to houses and have had to come out when they got too large. It seems such a waste when you consider that the palm trunks are an excellent resource and termites don't seem to like eating them.

Uses that spring to mind are: stumps for raised timber floors of houses, chopping blocks, outside barbecue seats; in fact, any use that a rough piece of timber sunk in the ground/anchored in the earth would provide, with the advantage that termites won't eat it out in a few months time.

Being perfectly round and in diameters ranging from five centimetres to thirty centimetres, they make excellent wheels for decorative wheelbarrows that many people adorn their cottage gardens with. They could be used on alternative wheelbarrows made from recycled drums when cut 7.5 centimetres thick.

The larger ones make nice stepping stones in a lawn and cottage garden set-

ting. The smaller ones can be arranged 'pig-pen' fashion to form raised garden beds for the wheelchair gardeners. This useful idea helps many older people and people recovering from car accidents get their minds off their arthritis or injuries.

Cutting the palm tree trunks can be achieved with hand tools, but power tools are quicker as a large palm can be a pretty tough customer. If you are *very* skilled with a chainsaw then squaring off and halving a trunk is the quickest way, but definitely *not* for the first-time user, who will quickly become a first-time loser. A much safer way is to use a cross-cut saw while the tree is still in the ground and firmly anchored, or to cut halfway from both sides with a power circular handsaw then split.

Palm trees are a renewable resource and can be used in preference to native trees in many circumstances, as is done in many Pacific islands where palms are planted in a square or rectangle for later use as columns of a sun shelter roof, gazebo or summerhouse.

DECORATING WITH SEED-FRONDS

After the seeds have fallen from palm trees, there remain stout fronds which you can harvest if they are not too far from the ground. When placed in a vase without water they become a no-maintenance decoration which is nonallergic. Although a bit surreal and arty, they certainly save time as you don't have to fuss around buying/picking flowers, cleaning difficult vase shapes and changing water every couple of days so it doesn't smell. And they leave the garden to do its job of beautifying the outdoors.

If they are too stark for your liking, you can always decorate them, as they do to the bare trees in the Champs Elysées in Paris at Christmas, with brightly coloured beads and small 'leaves' of aluminium foil.

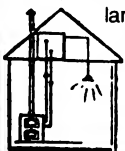
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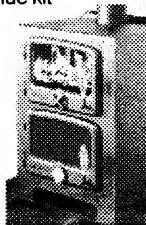
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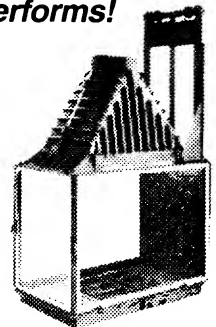
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CURES FOR CAR SICKNESS

by Pam Cole, Tuncurry, NSW.

Though it was sixty years ago, I remember the look on my small cousin's face: gratified by all the attention, but part-annoyed, and part-embarrassed. My aunt had stood him up on the kitchen table with his shirt and singlet pulled up, and was wrapping him in brown paper. Round and round went the crackling brown stuff, tucked well down into his shorts and tied around his ribs and tummy with string.

Wonderful! I thought, people can be wrapped and tied and posted like parcels! I'd heard them say that they were 'going to Glen Innes' and it seemed a splendid way to travel.

But no, aunty neither labelled him nor stuck on a postage stamp; she simply and disappointingly tucked in his shirt and singlet, tugged a sweater over his head and lifted him down. The poor little blighter suffered from carsickness and this was the best preventative she knew. You could hear the paper crackle as she encased him in his overcoat and pulled the belt tight. I cannot swear to the efficacy of this cure, but Mum would often say, 'Aunty says it always works'.

Another idea for carsickness was to be given a quarter-orange to suck. The sweetly-acid juice certainly helped, though the success may have been due in part to the distraction factor. Perhaps our feelings of queasiness were partly overcome by the sticky irritability of half-dried orange juice trickles on the chin. If the road was particularly bumpy, slurps of juice meandered down below the collar, and then there was the scratchy adhesion to our skins of orange-saturated silk'n'wool singlet.

Grandma's cure for travel sickness or upset tummies was ginger. Today we'd call it ginger tea, and buy a packet at our health food store. But to our elders it was known as 'some hot water with ginger in it'. I can see her now, advancing on some green-faced sufferer, stirring the mixture in a thick white china cup.

This reminds me that whenever she or our mother cooked with ginger in the 1930s or 40s, it was *bone ginger* that they used. Not the powdered kind so familiar today, not the fresh roots you'd

buy at your greengrocer's, not even the delicious chunky stuff embedded in syrup. No, this was dry and hard like bones, greyish-white like bones, made a rattly clacky bone-like sound, and was so much like the knobbly knucklebones from our games of Jacks that its name of bone ginger fitted it well. Cooks soaked and boiled it when making melon and ginger jam; it was grated into hot water as a tummy-settling cure. As small children we knew of ginger in no other form than this, and therefore we never asked. But I wonder about it now, and suppose that it was dried, and that each lumpy knob was once the succulent ginger root we know so well today.

Other tips for travel-sickness remembered from the past were: never to read or look closely at anything in the car, to keep the eye on the visible horizon, to drink lemon juice before travelling, to chew some dry bread, to close the eyes; and the famously useless perennial - 'Don't think about it! Concentrate on something else.' None of these were much good. The last one sometimes worked for strong-willed adults with a longer attention span than that of a small child.

In the 1960s 'static electricity' was blamed, and scientifically minded or desperate parents attached a chain or a strap to the car's undercarriage so as to trail along the bitumen and defuse this force. Chewing gum is supposed to be effective, as the mint taste soothes, the sugar boosts, and the jaw movements relax and distract. It works for some, as does a strong peppermint or glucose barley sugar dissolving slowly in the mouth.

At one stage, with none of these available, I found sniffs of a travel tussie mussie were helpful. Just before scrambling into the passenger seat I'd grab handfuls of lavender and mint from the garden and inhale whiffs of their fresh aroma whenever whooziness threatened. Greedily sniffed at intervals, this seemed to clear the whoozies from the head, making it easier for the willpower to quell the rest of the symptoms. It certainly helped, though whether it was merely the distraction to the mind which

did it, who knows. With a brain like mine, such a remedy led to musings and dreamy imaginings about the old herbal lore. I saw folk in medieval times seeking protection from the plague with their scented pomanders, herbalists selling 'the Nosegay of the Four Thieves', and panniered ladies and their beaux clapping posies to their pampered noses to block out the stench of 17th century streets!

Travel-sickness is a *head* thing for some, a *stomach* thing for others; it's different strokes for different folks, or, in this case, different potions for different locomotions. None of the above remedies ever cured me of long years of head-spinning internal distress, and I hesitate to admit that what did finally work was a 'new' second-hand vehicle, because that's expensive medicine! Of course, when we made that purchase it was with a round-Australia trip (and the decrepitude of the old car) in mind; the benefits were purely accidental. Perhaps something to do with sitting up higher, with better all-round vision? It's anybody's guess. Maybe it's more to do with having been around a long while. It is said that you can grow out of anything! But believe me, all my sympathies are with those who suffer carsickness, and it is my hope that something in this story gives a helpful hint to a queasy-tummied reader, or at least brings a bit of a smile to someone's pale-green face.



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HELPING NATURE

by Jose Robinson, Wild Cattle Island, Qld.

Most of us feel the peaceful atmosphere when we enter a bushland or forest where there is no pollution or artificiality. Nature is soft and beautiful.

Recently I was inspired to reforest an area of Wild Cattle Island just behind our property. Over the last eighteen years there have been several bushfires go through the Island, and many trees have never recovered. Nature has been good to me, so I thought maybe I could be a little more helpful to nature and endeavour to reforest a denuded area with naturally occurring trees. I began stage one of this project in the wet season to get things off to a kick start.

Often we think that we, the ordinary people, can do little to reverse large-scale happenings. However, the saying 'great trees from little acorns grow' perhaps prompted me to take on this project.

Activists are always protesting about the destruction of our forests for various reasons, often with little or no influence on the 'powers that be'. Perhaps, if some of us in an ever so small way were to respond by doing our own little quiet bit when and where possible it could make a difference to help compensate for the sometimes wanton destruction of wild animal habitats and the like. On the coast not far from here, I constantly see developers stripping bare large areas of previously wonderful bird and kangaroo habitats.

We have a teeming bird population on the Island and I'd like to see it stay that way. In this dry area, planting trees doesn't end there. Trees have to be loved and cared for and initially this means, for me,

hand-watering by bucket until they become established. Rain is a scarce commodity here, so initial maintenance is tedious but crucial.

To give me even more motivation, I decided to plant a few pumpkin seeds near the base of the trees. These will only be short term, and I thought I might as well encourage a few pumpkins for the table while doing my little watering tour. These can then form a temporary understorey while the young trees are still small.

The pumpkins are only a very recent innovation, but when I first began this reforesting project, one day I noticed what looked like a watermelon vine beginning to grow at the base of one of the small trees I'd planted. It certainly self-seeded, and I dismissed it thinking it would die shortly. However, it didn't die, so I began to water and fertilise it. Some months later, it was covered with flowers and baby melons, one already the size of a basketball and ready to pick.

Apart from the pumpkins, this forest hopefully will become a food producing area of trees for the birds. Many of our naturally occurring local trees produce berries on which the birds seem to thrive.

Carbon dioxide, which is partly responsible for the greenhouse effect, is absorbed by trees and plant life, so each tree which is planted must in time have some long-term effect.

To develop some sort of microclimate in this newly reforested area, I've wheelbarrowed up from the beach many loads

of washed-up mangrove leaves and debris and seaweed. This will keep the soil cool and stop it from drying out until the trees are old enough to provide their own forest floor of dead leaves and mulch.

As the taller trees grow, I hope to plant a second storey of shrub-type forest trees which should eventually create a microclimate, as in nature. (A microclimate being the climate of a small area as opposed to the general climate of an area.) Generally speaking any garden is an ecosystem, but a forest garden is much more so and has more complexity.

Already the birds are showing an interest in this new mini-forest area I'm developing. The resident magpies follow me about on foot as I tend the young trees. They seem to sense something is happening that will have some long term-favourable aspects for their coming generations.

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PRACTICAL AGROFORESTRY

SEEING THE BENEFITS

by Bev Lynch, Mt Barker, WA.

Last time I wrote about our early experiences in incorporating agroforestry into our farm management. After heavy sapling losses from our 1985 planting, 1986 saw us replanting about 5000 trees on our area and helping plant 10,000, which we supplied, on the neighbour's area. In the areas where we had lost trees through water inundation in 1985, we hilled extensively. We did not plant any more pines because we felt they were too slow growing in this particular situation, so we opted for *Eucalyptus globulus*. We chose these mainly because of their fast growing ability and we felt we could not afford to wait that extra year for something else to catch up to the growing trees. It was a very dry year and we lost some trees because they were too dry on the mounds! However, we felt we had enough trees left without any more replacements. We sowed oats and vetches in between the trees and cut 80 large round bales of hay.

Because we had dug out our central drain before our neighbour, we had a lot of silting in 1986. However, in May 1987 we had 225 millimetres of rain which flushed the whole system out and all drains are working well. In fact, by 1990 the shallow grader drains on the eastern side had almost become redundant because the trees were really soaking up the water.

By 1990, we had approximately 70,000 trees growing. Nearly all our treed areas are stocked – the exceptions being on very wet areas where we feel stock would damage trees and compact the soil. This would amount to less than five percent of the area.

When we starting planting trees we had about six percent of the farm left in bush. We have increased this to about eighteen percent and our aim is for twenty percent. This will be achieved when we plant shelter rows in all our laneways.

Even though we have had an enormous amount of help from government departments, we have found that any form of conservation work is expensive.



Trees are a valuable crop and benefit the farm in a variety of ways.

When we started out it was our aim to spend five percent of our income each year on drainage, fencing improved pasture including perennials, and trees. Overall we have achieved that with what we believe are excellent results.

We have expensive land and the reason it is expensive is because of our good rainfall. Therefore, to get the best out of it we must endeavour to use as much of that rainfall as we can where it falls and not let it drain off to the valleys and ultimately cause problems. To do this we use trees and perennial grass, controlled drainage and cropping. If we are going to

drain off the best water from the top of the hills and into dams then we must use that water for high production crops. We have a cherry orchard, passion fruit and quince trees, all of which are high-return crops and use the water efficiently.

When we talk of cropping we not only refer to traditional crops such as oats and lupins etc, we also regard trees as a crop. They take longer to mature than the others, but we feel that the perception of trees must change. People have to believe they are a crop and treat them as such.

After many years of combining farm-

ing with forestry on a whole farm basis we can see enormous changes on our farm – all of them good. Land that was lost for production because of waterlogging is now producing again. Hillside seeps are reducing dramatically in size. Areas we thought puccinellia would grow in now haven't enough salt to sustain growth and ryegrass is taking over.

We are losing fewer and fewer ewes each year at lambing; our lambing percentages are going up and lambs are cutting more wool. Overall our wool cut is rising every year and our stock numbers have been maintained even though we have had quite large areas closed up each year for tree planting. Now that tree planting is almost complete we are looking to actually increase our stock numbers.

Maybe we cannot attribute all these things to the agroforestry management system, but it is too coincidental for it not to be a major factor. We feel our goal of leaving our farm better than we found it is being achieved. We certainly have a lot more to learn and a long way to go. Maybe some of the things we are doing will not be correct when we look back in a few years time, but we are sure we are doing most things right.

TOP TIPS

by John Mount, Woodford, Qld.

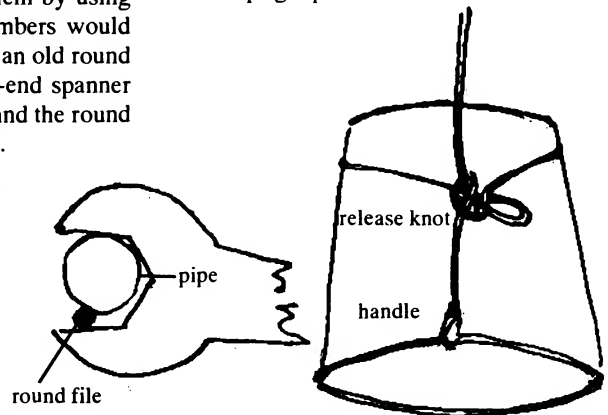
Sometimes the most seemingly frustrating problems can have simple solutions. Hope these two tips help some do-it-yourselfers to do it a bit easier.

SUBSTITUTE PIPE WRENCH

Have you ever frustratingly worked on a piece of round metal rod or pipe that kept slipping and all the while wished you could clone your stillson and have two wrenches instead of just the one?

Well I certainly have! Fortunately, I managed to solve the problem by using an old trick that most plumbers would probably know about. Find an old round file and match up an open-end spanner that fits over both the pipe and the round file, ensuring a very tight fit.

The actual turning movement of the spanner forces the round file up against the pipe face and against the spanner jaws, thus duplicating the action of an adjustable pipewrench.



BUCKET RELEASE KNOT

Lowering a bucket from a steep bank or down a deep well to retrieve water can sometimes be a bit tricky. Especially when the bucket refuses to sink. I've seen a number of homemade services for holding a bucket in an upside down position whilst suspended on a rope. However I've found it much easier to tie a slip knot in a rope than to remember to carry one of these devices on one's person.

After lowering the bucket into the water and allowing it to sink, a short sharp tug is all that is necessary to release the knot and bring the bucket into an upright position.



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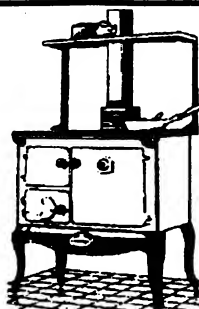
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A FEED TROUGH FROM SCRAPS

by Alan Stewart, Alexandra Hills, Qld..

Those odd-shaped timber and ply off-cuts that seem to hang around forever, often causing a bit of domestic strife now and again, can be recycled. I can't bring myself to throw them away as I am sure one day I will think of a use for them. 'Beastly abodes' spring to mind, but I have made enough of them for the time being. Eventually, I thought of chooks – they need a trough for all those household scraps to prevent them being trampled on in the enclosure.

They are very simple to make and can be made any size, if you have sufficient material. These are quite suitable for half a dozen birds. It only needs a few galvanised nails, a broom handle from the supermarket, a dribble of adhesive, and a coat of old paint, costing perhaps \$1.25 each.

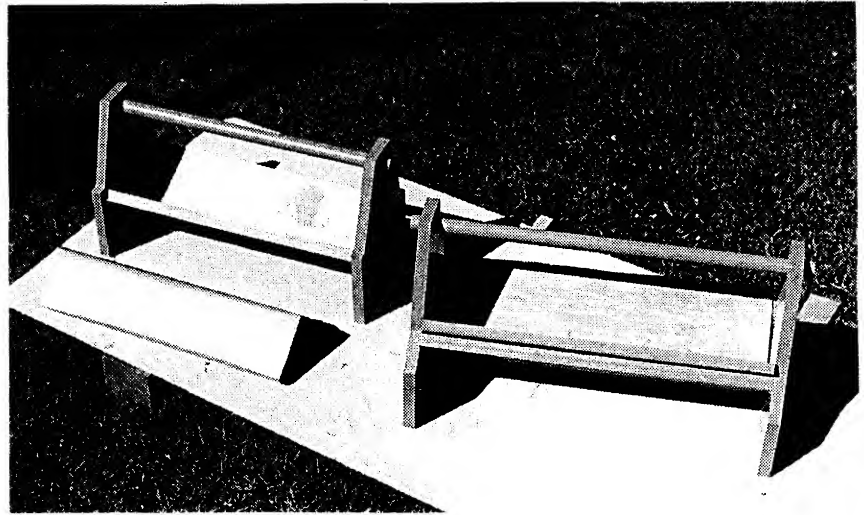
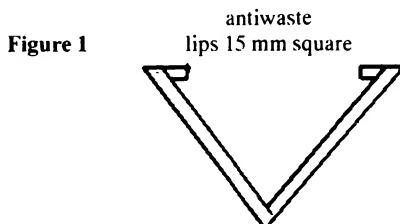
The metal inserts are not really necessary but antiwaste lips do minimise wastage from scooping out. If readers can obtain some scrap sheet alloy this would be ideal, as it is easy to bend in a vice with a hammer. Otherwise, the simplest solution would be to tack on strips of wood, as in figure 1. Either method is necessary as chooks will waste food scooping it out.

INSTRUCTIONS

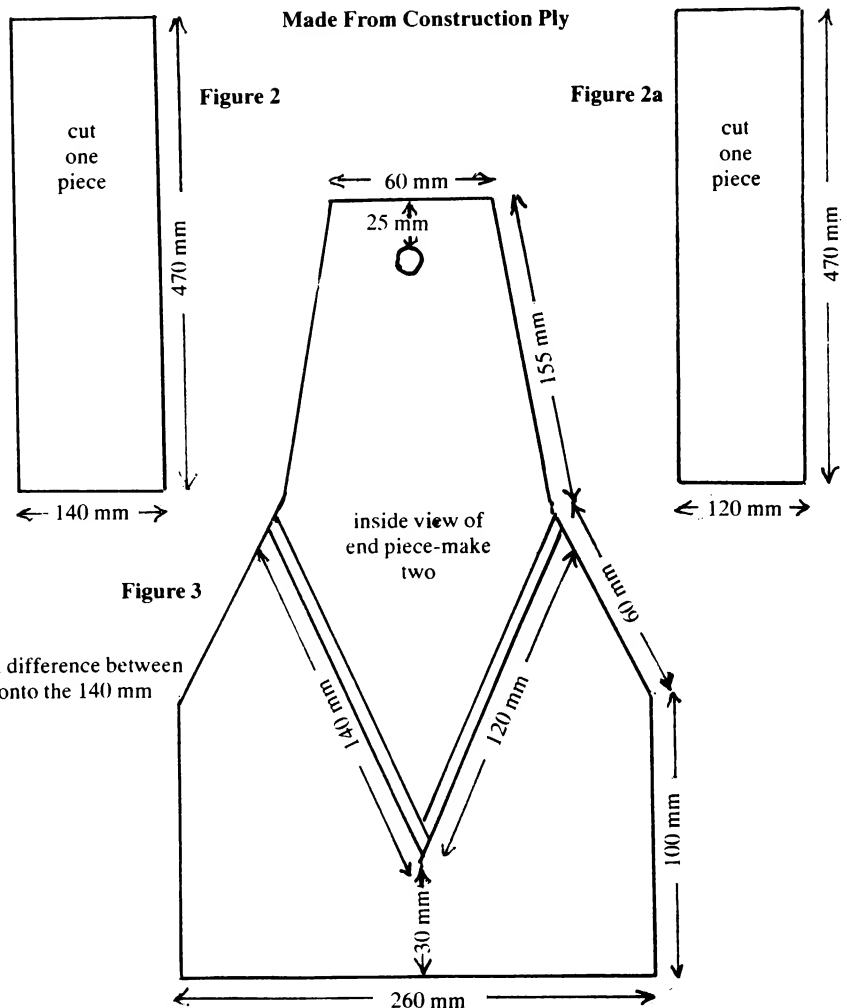
Note: When nailing or screwing into plywood always drill a pilot hole slightly smaller, this prevents any splitting and greatly extends the lifespan of the material.

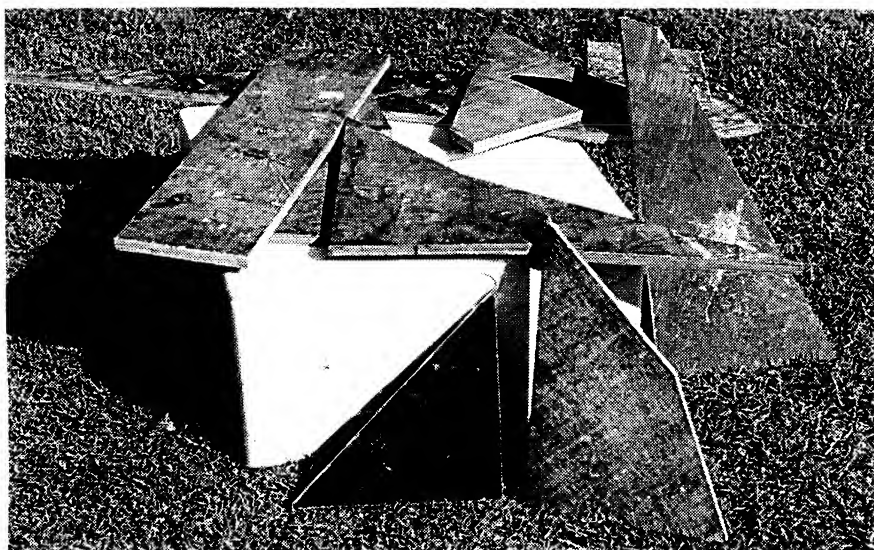
- Cut out the four pieces to size. Join the 140 mm and 120 mm wide pieces of ply together with adhesive and galvanised nails (see figure 3).
- Now join the two end pieces.

Right: The drawing for Fig 3 shows why there is a difference between 140 mm and 120 mm. The 120 mm actually fixes onto the 140 mm piece, thus making both sides equal.



The finished feed troughs: metal insert shown separately left front and in position on the right.





Construction ply scraps make a cheap handy feed trough.

- Drill holes for the broomstick handle.
- Position the V-shaped trough into place as per diagram. Glue and nail into place.
- Cut handle to size. Push through holes at one end, securing with a smear of glue. Repeat at opposite end.
- Screws can be used instead of nails if desired.

POULTRY SHED

Remember that it is particularly important that poultry sheds are dry, well-ventilated and draught free during winter.

If the shed has been poorly sited and rain or wind enters, consider making a simple weatherproof blind or secure heavy plastic across the netting. Don't forget to leave between 20 and 30 cm uncovered at the top for air flow.

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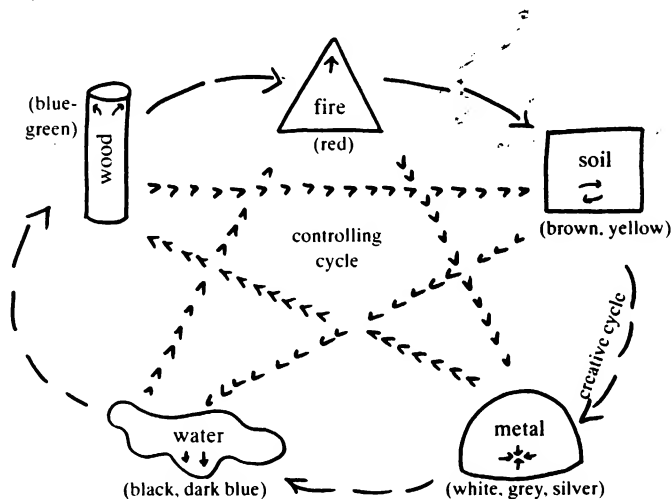
DESIGN WITH THE ELEMENTS

by Salli Ramsden, Inala, Qld.

This is the third and final article in a series aimed at inspiring readers to design and develop properties for a better quality of life. Now we explore the basic building blocks of Feng Shui. What are the five elements which gave birth to Feng Shui? How can you use these elements to bring harmony into your design?

In GR129 I gave some background to the subject, explaining what it means to have good Feng Shui and how we can intentionally create properties which both look and feel good, and nourish us on every level. My article in GR131 looked at how to 'land' a good property (for those intending to buy), as well as ways of improving your own place. Going back to first principles, we found that the solutions are often the exact opposite of the problem.

Readers were advised to avoid extreme natural or built features, as these have a strong influence on life nearby. But what if your place is near one, or you can see one through your window? Luckily, there is a formula we can use to help balance out such features and harmonise development with the surrounding landscape. It comes from 'The Eastern Five Element Theory'.



ELEMENTAL DEAR WATSON

What elements are we talking about here? No, they aren't hot-plates, the chemicals you see listed in the periodic table, or the nature spirits believed to nurture life on earth. Nor are they the same as earth-air-fire-water, the powerful four elements. Are you confused yet?

To complicate things even more, permaculturists tend to call components of their system 'elements'. They create diverse sys-

tems of multifunctional 'elements' arranged to maximise useful interactions.

The good news is that even the most mundane 'design element' works better for you if you place it with intention and give it a symbolic meaning to remind you where you want to head in life.

Your Tool Kit

Forget about prescription cures like mirrors, flutes, crystals and wind chimes. Every property is unique. Every thing or feature that you want in your design can be a valuable Feng Shui tool.

Water out front is said to bring prosperity. No room for a pond? Try a birdbath or a bowl of water. Healthy trees are a blessing, not if they obstruct your entrance though – that should be welcoming. All animals are energising, so think of attracting butterflies, birds and wildlife as well as keeping your own. Flowering, healing or food plants are powerful tools, as are sacred shapes and creativity (art, play, composting, music, enterprise, children).

The Fifth Element

It will come as no surprise that the 'five element theory' divides things into five groups according to their characteristic nature, shape and colour. You can see these shapes in the landscape, your block, and structures, if you know what to look for.

- **Water** is fluid, formless or asymmetric (black or dark blue).



Mudgee Housing co-op members near their dam. Nearby homes echo hill shape.

- **Wood** is columnar or long rectangles (green).
- **Fire** is sharp, pointed triangular peaks (red).
- **Soil** is square or flat (yellow or brown).
- **Metal** is dome-like (white or grey).

Fitting In

Look at the forms around you in your landscape. One natural way to fit in is to echo those shapes and/or materials in your design. For example, rooflines are often seen to follow the slope of nearby hills. It probably just felt right at the time the building was designed. Take a moment to imagine what type of home would fit in with each element. A rocky site lends itself to stone building. An earth-covered home fits nicely into a flat ridgeline. This is just the beginning.

Friends and Foes

In the theory, each of the five elements encourages and supports another element as well as controlling a third. This means that you can bring in balance and harmony by the way you shape and arrange the things in your design.

The creative cycle describes friendly interactions.

- **Water** nourishes wood.
- **Wood** catches fire.
- **Fire** creates soil.
- **Soil** gives metal.
- **Metal** releases water.

For example, pole houses (wood) work well in watery environments. Traditional river cultures usually built their homes high above crocodiles and floods, safely up on stilts. A dome (metal) would complement a rocky environment (soil).

Controlling Cycle

We can suppress features that come on too strong by introducing their elemental opposites.

- **Water** extinguishes fire.
- **Fire** melts metal.
- **Metal** cuts wood.
- **Wood** penetrates soil.
- **Soil** dams water.

For example, homes near the sea in cyclone areas are often box-like, and power lines might be tamed by boulders. Both represent soil controlling water. What about corrugated iron homes in the bush?

Double Whammy

If you really want to balance a problem feature try a double whammy. You can use up its elemental quality by introducing the element after it in the creative cycle as well as suppress it with its con-



Indian home in Fiji (near Raki Raki in the North of Viti Levu). The squarish (soil) home feeds from the extreme fire quality of this pointy hill, making it livable.

trolling element.

Reverse Fire Risk

How do we put out fires? Usually with soil or water. It makes sense to design both into the fire-prone sector of your property. Put both cycles to work for you. That's why the dam, pond, stone walls, concrete and roadways go well there. One wouldn't usually put in red, pointy features, wood or trees. The Richmond Match factory (for those who know it) is a very flat squarish complex. The soil shape symbolically dampens the fire.

Power Lines

Most of us would rather live at least a kilometre from the big power lines. If living near them was unavoidable, we would be wise to pile up rock walls and plant fast growing trees to cover the sight of the lines, at a safe distance of course.

Powerful Kitchen

Opposing elements like fire (the cook's stove-source of nourishment to the family) and water are often brought too close through budget plumbing. Introducing the intermediary of wood enlivens the flame and your family.

Common Sense

Merely introducing the colours listed for each element can work to balance strong features or enhance others. A garden of white flowers will lighten up a dark, oppressive forest clearing. A yellow bulldozer harmonises with the soil element. It makes sense, doesn't it? Feng Shui is common sense.

Salli Ramsden is a practising design consultant throughout Eastern Australia and the Pacific. Her work in healing design brings together fields including Feng Shui, geomancy, building biology with healing modalities. She has a natural affinity with the *Grass Roots* lifestyle, and this article contains excerpts from her forthcoming workbook. If you would like to share your story, air your problems or enquire about private consultation, please contact her by fax or email. Fax: 07-3372-2289 email: salliramsden@hotmail.com Alternatively write to her c/- 30 Gemini St, Inala 4077. Ph: 07-3372-2288.

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Orders can be sent to: Natural Coconut Seaweed Soap, 14 Malkana Crs, Buddina, Qld 4575. Ph: 041-870-8038, fax: 07-5477-7215.

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Sustainable Imports has produced a catalogue of green technology products. Products include solar torch, solar battery chargers, rechargeable lantern, water diversion valve kit, water flow restrictor disc, and ink jet printer cartridge refill kits. The sonic animal repeller reduces the chances of hitting wildlife on the roads. It emits a high frequency sound wave that warns animals and birds away, without affecting pets in the car. The three section folding camp shovel is lockable in either shovel or trench pick position and has a hardened blade with a serrated edge. Children are not forgotten, with solar construction kits for them, and the crafts person can find flying mobile woodworking plans. Dany is also interested in hearing from inventors and producers of earth-friendly products.

For catalogue or further information contact: Dany Van Zanten, Sustainable Imports and Australian Exports, PO Box 170, Urunga, NSW 2455.
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★ FEATURE TITLE ★

THE WOODWORKER'S SOLUTION BOOK

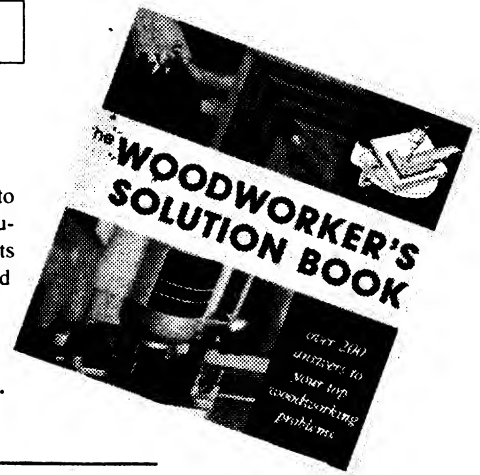
Over 200 answers to your top woodworking problems

— Alan & Gill Bridgewater

Fifty questions are posed in this book, devised from an international survey of the most common problems for woodworkers. Each problem is presented and a range of solutions for that problem follows. The solutions are a mix of traditional techniques and what the authors refer to as 'make-it-all-right-in-the-end' tips passed on by woodworkers. Photographs, many close-ups, working drawings and com-

puter images make the instructions easy to follow. Each of the questions has several solutions so that readers can select that which suits their particular needs and beginners and professional woodworkers are catered for.

P/b, 128pp, Simon & Schuster, PO Box 507 East Roseville 2069. Ph: 02-9415-9924.
RRP \$29.95.



SOFRA COOKBOOK

Modern Turkish & Middle Eastern Cookery

— Hüseyin Özer

Sofra is the name of a group of restaurants and cafes established by Huseyin Ozer in London. This book presents the recipes of many of the dishes served in the restaurants. They are based on Turkish heritage (regional home-cooking traditions) with international influences, particularly Asian. Fresh vegetables and herbs, rice, bulgur, yoghurt, tantalising spices feature in many of the dishes. Simplicity and ease of preparation are apparently part of the Turkish tradition to allow for relaxation and warm hospitality and this book aims to continue that tradition. It is divided into starters, vegetarian, casseroles, grills and BBQ, fish, pasta and pide, and desserts. Turkish food has much more to offer than just the doner-kebab!

P/b, 136pp, Harper Collins, 25 Ryde Road, Pymble 2073.
Ph: 02-9952-5000. RRP \$29.95.

THE CONFIDENT CONSUMER

A watchdog's guide to smart buying and your consumer rights

— Geoff Sirmai

This is a manual full of information, advice and case studies to help consumers avoid disaster. The author is a consumer advocate, columnist and media commentator who became known as the voice of *Choice* magazine. A huge array of consumer topics is addressed — how to get the best deals, side-stepping rip-offs, your basic rights, ways to sort through the mass of information/misinformation and an alphabetical guide to products, services and consumer traps. Referral to this book could no doubt prevent many of the common rip-offs and rorts faced by consumers.

P/b, 308pp, Allen & Unwin, PO Box 8500 St Leonards 2065.
Ph: 02-8425-0100. RRP \$19.95.

THE HEALING GARDEN — Michael Bailes

This is the second edition of the 1994 book by Michael Bailes of The Fragrant Garden. His collection of remedies are practical, useful and simple. The recipes, drawings and quotes from old herbals make this a useful and delightful resource.

P/b, 142pp, Kangaroo Press(Simon & Schuster), PO Box 226, Roseville 2069.
Ph: 02-9415-9999. RRP \$14.95.

MYLES and MILO

— Peter Meredith

This book is a joint biography of Myles and Milo Dunphy, a father and son devoted to protecting the Australian environment. Myles began his passion for and protection of the Australian bush in the first half of the twentieth century and proposed and mapped the system of national parks in New South Wales. Milo went on to expand upon his father's work by becoming a major force in the conservation movement from the 1960s onward. Interesting and complex personal lives as well as passionate political and working lives make this book compelling reading.

P/b, 376pp, Allen & Unwin, PO Box 8500, St Leonards 2065.
Ph: 02-8425-0100. RRP \$24.95.

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— Antoinette Savill

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H/b, 132pp, Thorsons(HarperCollins), PO Box 321, Pymble 2073.
Ph: 02-9952-5000. RRP \$39.95.

CHEERS AGAIN!

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— John Walters

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P/b, 106pp, John & Iris Walters, 6 McLeod Street, Albany 6330.
Ph: 08-9842-2463. RRP \$17.95 plus p&p.

When I started on the poultry feeding round this morning I was greeted by a green dog. Maria the normally white Maremma had comprehensively rolled in fresh cow manure and was feeling pleased with the results. Naturally enough, she wanted to share this stroke of good luck and sauntered up for a pat and a word of approval. The pong, alas, was overpowering and all I could do was offer false compliments and edge the feed barrow between us.

There is nothing unusual about dogs rolling in disgusting rotting matter. Given the opportunity they will all gleefully immerse themselves in the smelliest carrion or manure, usually at the most inopportune times. Maria's warpaint was significant because it signalled a return to working life. This poor dog had been wallowing in the depths of depression and the vet had expressed concern about her behaviour.

Despite her eight years plus, Maria had recently fallen pregnant, for the very first time, and given birth to a small litter of pups. They had either been born dead or died soon after, and I had been totally ignorant of the pregnancy until I found them. Sure Maria had looked a trifle sturdy, but wasn't this a natural consequence of aging? Any real thickening of the body had been hidden under the thick coat. For some strange reason Maria hadn't shed her coat fully as in previous summers. To all intents and purposes the dog was happy and healthy and keeping the foxes away with the usual noisy vigour.

It was a surprise then to notice her all tucked up one evening and obviously off colour. A nasty discharge was evident when I lifted her tail. This was serious, the dog hadn't previously had a sick day in her life. 'Must be an abscess,' the vet proffered when I rang him. 'She'll be fine overnight but bring her in tomorrow and we'll have a look.' Terrific, not only did I have twelve hours to worry and conjure up fates worse than death, but I also had to work on how I could get a large dog like that into the van on my own. The last time Maria had been in a vehicle was when she arrived some eight years ago.

It was noticeably quiet without the usual barking and come morning I found the dog ensconced under the wormwood well out of reach. The bush was an old

one full of woody branches and these would need to be attacked before access to the dog could be established. Maria had chosen well, only a very determined or foolish person would risk personal damage by crawling amidst the scratching, jabbing network. When the dog was finally reached, lying next to her were several dead puppies. I was stunned. This was no time for contemplation so I gingerly dragged her out, mindful of the primitive inclinations to bite when injured, lifted her up and staggered to the nearby van. This difficult feat accomplished, albeit without style or ceremony, all that was left was to deposit the patient at the vet's some thirty minutes drive away.

Maria was slow recovering from her ordeal and the vet insisted her depressed behaviour was not common after spaying. That she was grieving was obvious. The first night back home I'd found her tightly curled up at the back of the henyards, morosely brooding alongside a dead pup. There was no guarding of poultry that evening or for the next few nights. I gained a greater appreciation of the depth of feeling animals experience and reconsidered the superficiality of many comments I'd encountered in livestock books. Dogs, in particular, can endure emotional pain and anguish.

All I could do was tempt her with favourite delicacies and give gentle care and attention. The old *esprit de corps* was sadly missing. The rolling in cow dung was the turning point, appearing almost as an aromatic crutch to help her face the everyday world. I hear the barking at night now and think, 'Good, she's working well.' I thought she was busy guarding the birds other nights, but the sly devil obviously had one or two admirers I never knew about.

I can report no such drop off in work ethic amongst the roosters here, not even during the hottest of weather. Despite conscientious efforts to ferret out any hidden nests, still hens present with newly hatched chicks. The latest was a geriatric old girl who must have stolen another's nest and fronted up with a couple of oddly coloured balls of fluff. It's been amusing to see the plumage colours produced by the crossbreds. For several years there has been a preponderance of irregularly

barred plumage, courtesy of the Naked Neck rooster. Often too he imparted his offputting bare neck. Female offspring displaying this oddity have never appealed to customers seeking hardy layers. This year the speedy Spanish rooster has carried a lion's share of the workload and the majority of chicks produced sport his distinctive jet black plumage. Hopefully, the pullets will look charming and inherit the breed's trait of laying large white-shelled eggs. I shudder to think of the outcome if I weakened and introduced a Frizzle rooster to the farmyard. I'd never manage to get rid of the excess stock.

During the summer months when it's hot and the snakes are out I turn a blind eye to maintenance jobs and parasite control. Now that it's cooler and the evenings are beginning to darken earlier such jobs must be tackled. There is little point cleaning out sheds when birds are still moulting, but the turkeys have all refurbished and are looking splendid, so their sheds are on top of the list. I've done a few at dusk when it's cool and the birds quiet and it's a far easier job. Next comes treating perches and woodwork for mites and then any scaly leg on the birds themselves. Turkeys are not prone to this affliction but it bothers fowls dreadfully.

How do I treat it? Prevention is easier than cure and if it is tackled when just a few scales around the ankles are infected the mites can be killed off with a minimum of treatment. More often than not this condition is allowed to become established and eradicating it is time consuming. Best results are obtained if the encrusted legs or feet are gently scrubbed with warm soapy water and dried with an old towel. I prefer to treat the legs with a very weak kerosene – blended cooking oil mix, but sump oil is effective as is a mix of teatree and cooking oil. An old toothbrush is ideal for applying the oil as it will get in under the raised scales. If you are not familiar with scaly leg it is a parasitic condition caused by a tiny mite that burrows under the scales and causes irritation. An exudate builds up under and around the scales and the mites develop honeycomb-like passages in this. The warm soapy water seems to soften the surface of this dry crumbly material and probably facilitates absorption of the oil mix. The oil softens the crumbly material and the kero or teatree oil kills the mites. A

After enduring months of high temperatures, water shortage and deaths of poultry through heat stress we've been blessed by a long soaking rain and an early autumn. The mornings are beautiful, crisp with a hint of dew and the promise of cool months to come. Days, by contrast, are hot but without their previous intensity. Clearly, it's time to rehabilitate the garden. Already there are green patches of lawn and some of the perennials I thought had died are refoliating. It saddened me to

Jo Cutlack reports a fantastic response to Martin Hirsch's article in GR 130 about her method of tick control. Unfortunately, at the time of writing Martin was unaware that Jo had moved, so the contact phone number at the foot of the article is incorrect. The correct number, for anyone wanting more details is: 07-5543-6238.

**Lyn Cole,
LOWOOD 4311.**

C/- GR, PO Box 117, SEYMOUR 3661.

GRASS 70 ROOTS

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HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send with payment to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 133 is 30th April, 1999.** Please do not fax ads.

Sender's Name	For issues no/s
Address	Classification
Postcode	Cost
Cost for advertisements is 80c per word	

PROPERTY FOR SALE NEW SOUTH WALES

HOLBROOK SHIRE, 1500 ac, f/hold virgin country. \$100,000 ONO. Ph: Steve, 02-6036-8164.

GULGONG, 12 km to town, near Mudgee, Sydney 3 hrs. Almost 300 ac, 2 crks, 2 reliable dams, cattleyards (35 hd), 4 y/o 3 b/r brick house, steel frame, ph, power on, carpeted b/rs, tile floors through rest, o/fplace, 25,000 gal water storage, OPHWS, fernery barbie area, with fuel stove, gas stove, f/trees, gardens. Double c/port, tar rd frontage. \$210,000 ONO. Ph: 02-6375-9201.

SNOW MOUNTAINS AREA, Murrumbidgee River land for sale, 103.3 ha of spectacular bushland with Murrumbidgee river frontage, 35 km from Cooma. Between Cooma & Adaminaby, this land is undeveloped with native gums & abundant flora & fauna. Away from population centres this property has wonderful recreational opportunities - hiking, river swimming/canoeing, trout fishing & camping. Building is permitted. Owner is selling due to relocation interstate and can be contacted on 08-9383-4614. Agent is Don Menchin, Cooma ph: 02-6452-3777 BH; 02-6452-3616 AH.

UPPER MACLEAY VALLEY, 100 ac with cosy temp dwelling, BA, ph, gas, solar (grid avail), 6 x 9 m steel shed, 5000 gal r/w/tank, fruit & bush food trees, NE aspect, beautiful mtn and valley views. Fronts clear perm crk with good swimming hole. Fish, canoe, swim nearby Macleay River. Explore New England Nat Pk. Easy access, 70% cleared, suits grazing/regeneration. Kempsey - Armidale 90 km. \$65,000. Ph: 02-6567-8249.

BOOKHAM, TWO BEDROOM COTTAGE with sleepout, 1 1/2 ac, dam, f/trees, chookyard, BBQ area, wood heater. Quiet friendly village, 20 mins Yass. \$65,000. Ph: 02-6226-1746.

ONE HUNDRED ACRES, 30 mins Casino, nth NSW, mostly timbered, adjoins Cherry Tree State Forest. Power avail, waterfalls below the plateau, perm water, crk, pockets of r/forest, school & shops handy, very private. \$65,000. Ph: 02-6664-7213.

NEW ENGLAND TABLELANDS, bush block with a difference, 100 f/hold ac, 18 km from Glen Innes, panoramic views, perm water, unspoilt natural timber, pasture and wildlife. Partly-built stone dwelling. \$35,000. Ph: 02-6732-2499.

BOBIN VIA WINGHAM, 1/4 share in 350 ac (tenants in common). Mainly timbered with some crk flats, perm crk. Five mins from school. Rudimentary mud brick & timber dwelling + shed. \$33,000. Ph: 03-6260-2382.

PILLAR VALLEY (between Grafton & Woolli/Minnie Water), sandstone block house on 100 ac lovely bush, mtns, waterfall, perm crk, 2 dams, shed/bus visitors accom, power, solar HWS, 10 mins to beach. \$235,000 ONO. Ph: 02-6643-4908.

EDEN HINTERLAND, sale fell through, try again. One hundred and twenty ac with approx km crk frontage, native forest, super soil, water, wildlife, mild climate, absolute privacy near nat pks. Many possibilities for self-suff and/or money making. \$79,000. Ph: 02-4784-1020 for maps etc.

NORTHERN NSW. Tragedy forces sale, 4 b/r timber cottage on 2 ac, adjoining 1000 ac common. Power, ph, r/w tank, crk. Five mins to Drake township. \$30,000 ONO. Ph: 07-3878-7648.

SECLUDED BUSH RETREAT, new cottage set in 40 picturesque ac near Merriwa, west of Newcastle. Peaceful location, very private, priced to sell at \$49,500 ONO. Ph: 07-3814-1087 or 0414-821-727 (leave message).

TANJA, UNIQUE 5 ac bush block overlooking rolling countryside to roaring sea. Offers abundant water, solitude, spectacular nat pk beaches 12 mins drive. \$90,000. Ph: 02-6494-0288.

NORTHERN RIVERS, all the hard work done, private, 1 hr west of Casino. 'Echo Valley', 40 ac cleared, 60 ac natural bush, floodfree, freehold. Two b/r home; gas stove, HWS, 2-way fridge; solar power, backup generator, Norsman fireplace, ph. Gardens, orchard, greenhouse, chookpen. Two Colorbond sheds 45' x 25', 30' x 20', 14' x 18' workshop, 3 more sheds, 5 c/ports. Fully fenced, 11 paddocks, stables, lge piggery, loading ramp, cattle crush. Four big dams, 7 water tanks. Tall millable timber, school bus front gate, 17 cattle & chooks. \$110,000 ONO. Ph: 02-6666-1229 early am, late pm. Also avail tractor, slasher, backhoe, ride-on mower, very reasonable prices.

BOMBALA CREEVAH, 116 ac riverfront, self-suff hobby farm, all amenities, 3 y/o open plan solar passive 2 b/r cottage, 20% fenced, improved pasture, cattle yards, dam - 35 kltr water storage. Landscaped gardens, vegetable patch, plastic tunnel house, f/trees. One hr coast/snow, 2 hrs Canberra. \$135,000. Ph: 02-6458-5309.

TREASURE LAND, PEACE VILLAGE, northern NSW, 1 hr west Lismore. All services in town (500 pop), 2 street frontages (2 titles), 2270 sqm size. Power on, water - sewer standard. Easy building code. Potential cheap paradise living. \$12,500 (firm). Ph/fax: 07-5522-6256 (or, Box 115, MIAMI 4220).

THE KALANG HILTON, 106 organic ac, 2 charismatic houses, ph, power, sealed rd, gardens, orchard, bore, workshed, 70 ac r/forest valley, rentable cabin, c/van site, timber crop, halfway b/wen Brisbane & Sydney, 20 mins from Bellingen, 40 from the surf. \$350,000. Ph: Christine, 02-6655-1893, Paul, 02-6655-1972, 7-8 am/pm.

ORGANIC FIG ORCHARD, Mudgee, 25 ac, landscaped gardens around 4 b/r home. Solar, wind power. Good soil & water. Wonderful views. \$129,000. Raine & Home RE, ph: 02-6372-4533.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

PILLAR VALLEY NSW, 26 ac natural bush. Mud brick shed, 1000 bricks for house, antique doors, windows etc. Dams, two semi-perm crks. Excellent access only 1.5 km from Wooli Rd, 10 mins to beach, nat pk & marine reserve. Heaps of tall timber, blackbutt, tallowood, terpentine. Northerly aspect. Water bore. All machinery etc goes with property. \$110,000. Ph: 02-6644-8097.

TWEED VALLEY, MO, share, 10 ac, biodynamic history, f/trees, mtn views, r/forest, crystal water. Swimming holes, 3 b/r solar power dwelling. \$80,000 ONO. Ph: 02-6680-3486.

WANTED - PERSONS TO BUY 5 to 20 ac with tenants-in-common, b/wen Byron, Lismore and Uki. Available from \$55,000. Eleanor, PO Box 957, MULLUMBIMBY, NSW 2482.

SECLUDED, PEACEFUL, PICTURESQUE, 20 ac (8 ha), 7 km from Oberon, 2 hrs drive from Sydney, west Blue Mtns. Permanent water from spring-fed dam, native trees & pasture, situated on quiet country road. Space to live and grow! or just veggie! \$85,000. Ph: 02-6336-1998 AH.

LOCATED IN THE VILLAGE OF BOGAN GATE, 23 miles west of the progressive town of Parkes, short walk from primary school, buses to other schools and college in Parkes, Forbes and Trundle; police station, service station, hotel/motel, general store, craft shop, post office, dance/meeting hall, 18-hole golf course, tennis courts. Countrylink to Sydney via Orange and Bathurst, frequent flights to Sydney from Parkes. Friendly people. Four b/r (incl parents' retreat), 2 b/rs with BIRs, fibro house on 1/2 ac with extra 1/4 ac adjoining block with lge aviary used for wildlife rehabilitation avail. Two bathrooms, 2 toilets (indoor & outdoor), s/c/stove & HW, wood heating, air cond & ceiling fans, prize-winning garden with extensive watering systems, new solar-heated indoor saltwater swimming pool with jets & spa, 2 lge sheds + new lge c/port & adjoining lge pergola, several varieties of f/trees. Fenced veggie garden, chook & goat yards, wood-fired pottery kiln, 7 r/w tanks + town water, no insecticides used in garden or house for years. Many extras. Has to be seen to really appreciate. Will consider offers around \$75,000. Also avail to the buyer, 2 sep blocks 11 & 13 ha, prices negotiable. Photos avail for sml refundable deposit. Ph: 02-6864-1126 after 18 April.

HOME PLUS SELF-CONTAINED CABIN on partly timbered, very private 20 ac with scenic views of the Nightcap Range Nat Pk. Permanent spring-fed dam. Located 5 mins from the village of Nimbin. Unique property with loads of potential. \$220,000. Please ph: 02-6689-1984.

MOONAN FLAT, NEAR SCONE, 1 1/2 ac in sml village. Fenced, power, shed. \$16,500 ONO. Ph: 0419-280-640 between 7-8pm.

NAMBUCCA VALLEY, mid north coast, 52 ac, beautiful hand-crafted 3 b/r mud brick & western red cedar home. Permanent crystal clear crk flows through property. Borders state forest, acres private r/forest and swimming holes. Shed 30' x 60', + tractor & slasher. \$255,000. Ph: 02-6564-4082.

PATERSON (Hunter), \$585,000, 16 ha, earth-covered 4 b/r passive solar. Eco Real Estate, Ph: 02-9528-8614. www.eco.com.au

DEADLINES: GR 133 - APRIL 30TH
GR134 - JUNE 30TH

BELLINGEN/DORRIGO AREA. Absolute river-front, 1/15 share in 165 ac registered biodynamic farm & wildlife sanctuary. Large, hexagonal timber house, music studio & cottage. Steiner & state schools nearby. \$179,000. Ph: 02-6655-3024.

ATTENTION! SOUTH COAST NSW. Invest in the country's fresh air & water in a safe working community. Warm refurbished colonial 3 b/r home, B&B option, open fire, wood/gas stoves, pow/ph, big studio/w/shop, gravity-feed water, 4 fertile ac, orchard 'Big Jack Mt' backdrop. 'Get away from it all at Rocky Hall'. \$130,000 ONO. Peter 0413-839-629/02-6494-2217.

PRIVATE VALLEY on mid north coast with crk and lge dam, 118.5 ac, approx, 18 grassed and 100 eucalypt forest with subtropical remnant r/forest. On-site c/van & annexe. Nambucca Heads 25 mins, 10 mins Bowraville. Private sale only. \$100,000 ONO. Ph: owner, 0417-425-525.

DORRIGO PLATEAU, old PO, 15 mins town. Large lovely heritage home. Perfect for cottage industry, 1/4 ac +. Situated in beautiful green valley. Clean, healthy air, spring water, swimming hole nearby. Three lge b/rs & study, lounge/dining, bathroom, 2nd toilet & shower, kitchen pantry, 2 fuel stoves & elec/range, laundry. Verandah front & back newly renovated & painted. All bit rd. Huge potential. \$145,000. For info ph 02-6657-4058, or 6655-0747.

QUEENSLAND

DALBY, \$178,000, 40 ha, adjoints state forest, olives, dams, house, c/van, RAPS. Eco Real Estate, Ph: 02-9528-8614. www.eco.com.au

INNES PARK, \$165,000, 1/4 ac, permaculture, chooks, architect passive solar home, beach, Bundaberg. Eco Real Estate, Ph: 02-9528-8614. www.eco.com.au

NOOSA, \$180,000, 8 ha, liveable 3 roomed studio, views, dam, r/forest. Eco Real Estate, Ph: 02-9528-8614. www.eco.com.au

BYFIELD, \$175,000, 130 ac, mangos, 1800 mm pa. Eco Real Estate, Ph: 02-9528-8614. www.eco.com.au

FREEHOLD 70 km west of Ingham, coastal ranges, 70 ac chemical-free, undulating, eucalypt forest, perm crk, 8 ac crk flats, subtropical climate, average 1000 mm r/fall. Dam, bore 1000 g/hr, wildlife abund, f/trees, fully fenced. Honda generator 5 KVA, 10x5 m shed, H&C water, shower, bath, woodstove, kitchen, gas/elec fridge, fum, sleeps 6. Potential subdivision. Primary school 5 mins. Power, ph avail. \$230,000. Ph: 07-4787-4682.

RELAXED LIFESTYLE, clean air, historic Mt Morgan, 30 mins Rockhampton. Unique town/rural combination. Nice allotment + adjoining 2 1/4 ac, good soil, yards, sml worm farm, power, town & u/g water. Permaculture /self-suff potential. \$19,500. Ph: 07-4922-4219.

Make Your editor smile -
Punctuate when writing ads for
Grass Roots Grassifieds

WARWICK, \$65,000, 9 ha, ex BFA, dams, town water, subdivide. Eco Real Estate, Ph: 02-9528-8614. www.eco.com.au

INNISFAIL/TULLY, totally secluded, nearest neighbours are neither seen nor heard, 30 ac on mtnside with all-weather access. Twelve Arable ac of gently sloping metamorphic/Galmara soil, surrounded by 2 perm streams & protected from strong winds by a horseshoe of r/forest. DPI survey advises suitability for a number of tropical fruits incl pawpaws, rambutans, pineapples, citrus, & bananas. Rustic round-bloodwood-framed shed 22.5 m x 7.5 m with concrete floor, septic, air cond office & living quarters (adjacent to benched home site) enjoys panoramic views of valley and distant ranges. Permanent springs high on mtnside supply (through 2" gal steel pipe) gravity-feed water for domestic & irrigation. Polypipe mainline laid /out for fertigation with meter, filter, and pressure control valves. For added privacy: 240 V 7 KVA diesel generator (revs to 60 Hz for welding) + 12 V system for incidental lighting & inverter power, but vendor will connect mains power if desired. With 2 grey-box-framed implement sheds + sundry plant. \$225,000. Consider trade. Ring vendor, 07-4721-6423.

ESK - 100 y/o 4 b/r home in town on 1/2 ac. Wood & elec stoves. Lovely gardens, currently rented \$105 pw. Close Wivenhoe and Somerset dams, Sunshine Coast, Brisbane. \$67,000. Ph: 07-4697-8254.

BUNDEBERG (30 mins), 5 ac, 2 b/r, lge/din/kit, bath/laundry. Furnished, 10,000 gal tank, shed, dam, tar rd. \$80,000. Ph: 02-6649-2235, or 02-9972-2951.

COFFS HARBOUR (30 mins), 2 ac, 2 bed, lge/din/kit, bath, sep toilet, pantry, gar/shed, trees, bush, verandah. \$130,000. Ph: 02-6649-2235, or 02-9972-2951.

CHINCHILLA SHIRE, 620 ac light forest, grazing country, old house, wood stove, power, ph, septic. Sheds, dams, good country schools \$110,000. Ph: Jill, 07-3849-2152. Consider exchange Brisbane house.

FORTY ACRES, self-suff solar, 2 dwellings, organic gardens, orchard, greenhouse, irrigated, dams, 96 km nith of Bundaberg. \$95,000. Ph: 07-4156-6039.

RAVENSBORNE NATIONAL PARK, 15 mins Wivenhoe Dam. Large livable shed, views to Border Ranges, 20 well timbered ac. \$69,000. Ph: 07-5424-1443.

KINGAROY AREA, 24 ac, fenced, 3 paddocks, lge 3 b/r home, main b/r with WIR & ens, lge verandah, solar power, elec avail, gas stove/fridge/hot water. Tractor & slasher & off-set, cattle yards, 2 bores and spring-fed crk, close Bunya Mtns. \$130,000. Ph: 07-4162-1565 BH, 07-4164-5607 AH.

NOOSA HINTERLAND, KIN KIN, 8 1/2 ac rich fertile soil, Young, bearing, irrigated orchard. Modern new home. Large 4 bay shed. Abundant water, 4 lagoons & bore, magnif property. \$230,000. Details, photographs, ph: 07-3290-3505, or 07-3809-2058.

BIRKDALE, QUIET AREA 30 mins Brisbane CBD. Neat 3 b/r brick home, lge block, estab gardens, lots of beautiful shade trees attracting native birds. Walk to city train, shops & schools, bus. \$119,000 ONO. Ph: 07-3822-1492 AH, 07-3887-0733 BH.

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

BELLBIRD PARK, 3/4 ac w/town water/power, 3 b/r (1 b/f) Hardiplank h/s. Security screened, bath, shower, sep toilet, lounge/dining, kitchen, bottled gas for cooking & hot water, window awnings, external automatic lighting front & rear, rear deck with awnings. Separate entry downstairs to large room with en suite (suit granny flat/office/rumpus room/craft room), sep laundry, single car l/u garage, rear covered patio w/secure cat exercise area, secure child playpen. New 6 m x 6 m Titan shed, power/water connected, patio w/pergola at front with glass double sliding door entry, rear pergola, single roller door, rear stable door & one alum sliding window, roof vent, new water tank attached, external automatic lighting. 3 m x 3 m garden shed, lge chook pen, garden pond, estab gardens w/area prepared for sml orchard. Large fenced backyard with new 6' wooden fence & two sets double gates (1 side, 1 rear). Perimeter fully fenced. Brisbane 30 mins, 20 mins Ipswich, Churchill Uni, Bremer TAFE. Bus at door, 5 mins rail transport, close schools, shopping centres, medical facilities. Priced to sell - \$138,500. Ph: 07-3814-4159, email: vesom32@hotmail.com

TARA: two 32' x 16' cyprus cabins, 30 ac, mains + solar power, air conditioner, dam, shadehouses, septic, school bus. Only 3 km gravel road, suit retirees or family. POA. Ph: 07-4665-3106.

DARLING DOWNS, 32.5 ac of beautiful untouched bushland. Plenty of wildlife, wallabies, birds etc. Perfect for nature lover, 5 mins to town, school, shops, etc, 3 hrs to Brisbane, \$32,500. Ph: 02-4341-9618 AH or leave message.

YERRA, 17.69 picturesque ha, beautiful views from house, 25 mins west of Maryborough. Attractive 4 b/r home. Abundant water. 500 olive, 300 lemon & 40 mixed f/trees, all electric irrigated, remainder fenced improved pasture. Four bay machinery shed, cattle yards, tractor & other equipment. \$205,000. Ph: 07-4129-6444.

RUSSELL ISLAND, artist retreat, 3 b/r home. Cathedral ceilings, stained wood floor, open-plan living, c/port, self-suff garden with bush views. Must sell. \$68,000 ONO. Ph: 07-3409-2010.

IDYLIC secluded roomy block home, s/c bungalow, 7 ac - tropical fruits, r/forest & perm crk. Calen area, via Mackay. \$155,000 ONO. Ph: 07-4958-8207.

BAFFLE CREEK/ROSEDALE, 53 ac, 16 ft c/van, bush shed, power & phone, 2 x 2000 gal, water tanks, dams, TE20 tractor & implements. School bus passes gate. Good soil. Reduced for quick sale. \$60,000 ONO. Ph: 07-4979-1038.

ROCKHAMPTON - I am a lovely four b/r Queenslander on 60 ac with breathtaking views. I have a galley kitchen, enclosed verandahs, r/water tank & dam. If you love natural bushland while living 20 mins from town for \$100,000, call. Ph: 07-4973-8033.

BUNDABERG 25 mins, 68 ac undulating grazing land. Creek, dam, trees, cleared flats. Fully fenced, caravan. \$75,000. Ph: 07-4152-1240.

NANANGO SIX ACRES, 20 mins to town, flat land, lightly treed, power, ph. Situated in a cul-de-sac sealed road. \$15,000 ONO. Ph: 07-3202-1957 after 6pm.

PLACING AN AD?

See page 71 for details

KENILWORTH, HINTERLAND Sunshine Coast, 2 b/r cottage on 6 ac. Power, ph, gas stove, s/c heater, landscaped native gardens, 5000 gal tank + 2000 gal garden water. Creek, shed, dog run, blacksmith shed, horse yards, shelter, tackroom, aviaries. Eight km town all amenities, 35 mins Noosa, 35 mins Nambour. School bus, mail, rubbish. Sealed rd ending in forestry. Abundant wildlife. Owners moving interstate. \$95,000. Ph: 07-5446-0417.

KILLARNEY BORDER RANGES 15 mins, 2 b/r house on 3 1/2 fertile ac, 1/3 bush, 1/3 fenced paddock, mtn creek bend with swimming hole, shed, orchard, lge vegie patch, elec, ph. In picturesque valley, private, school bus 5 km. Closest offer to \$80,000. Ph: 07-4664-4290.

GYMPIE 4 1/2 ac, 10 mins from CBD. Northerly aspect, guaranteed flood-free, excel views, power & ph avail. \$40,000. Please ph: 07-4159-8183.

HATTON VALE, SE Qld, impressive 33 sq, 2 storey mud brick home on 5 1/2 ac, 40 mins to Brisbane & Toowoomba, 20 mins Ipswich. Polished floor boards, stained glass doors & windows, triple car accom, pool, landscaped & much more. Cool summer/warm winter. \$165,000 ONO. Ph: 07-5465-6830.

WILL SWAP LAND NEAR BOWEN Queensland for Victoria block anywhere. Cash adjustment if necessary. Will post details on enquiry. Ring Roz, 03-9808-3961.

GIN GIN. 37 ac, well timbered with views, top spot, forced sale. \$18,000 ONO. Ph: 07-4161-2508.

PEACEFUL TWO ACRES, gently sloping east from valley rim. Rural views, top 1/4 level treed. Rest good soil. Power passes. Turkey nest dam. \$30,000. Bardsley, PO Box 109, TIN CAN BAY Qld 4580.

MOUNTAIN RETREAT, SE Qld, 90 km nth Bundaberg, 45 km to the Beach 1770. 43 ac, pole house on hilltop, solar, gas hot water & stove, 2-3 b/rs, excel design. Lots of wildlife, peace & quiet in comfort. \$112,000 ONO. Call Tom, 0414-711-321.

BEST OF BOTH WORLDS. Just 45 mins commuting to Brisbane from the north coast rooftop. Near new modern 3 b/r home surrounded by bush. \$139,000. Ph: 07-3309-1348.

CHILDERS, 27 ac, house, orchard, dam, bores, irrigation, 5 km town. \$155,000. Ph: 07-4126-2840.

SOUTH AUSTRALIA

QUORN, FLINDERS RANGES, 10 blocks 7-12 ac from \$9500. Stunning 360° views of near & distant ranges. Power & water, close to town. Rare opport for owner-builder, horse lover or growing arid land tree crops such as olives, quandongs or grapes. Ph: 08-8675-2683. Email: bobtulloch@bigpond.com

YONGALA, A SMALL COMMUNITY 70 mins nth of Clare Valley. Large home/shops on 1/2 ac Main Street site. \$39,000. Owner will send full description & photos. Ph: 07-8651-4262.

Don't forget the deadline if wishing to advertise in Grass Roots

KANGAROO ISLAND, SAPPHIRETOWN, beach frontage property with northerly aspect in secluded bushland setting adjoining nature/aquatic reserve. Abundant wildlife, excel fishing & spectacular views, 2 ac (3 titles) all adjoining. Half ac with 2 b/r home. Fine joinery and timbers featured t/out, spacious/functional kitchen, verandah, combustion heater, power, ph & 10,000 gal water. Half ac bush block & 1 ac with lge shed. \$98,000 ONO. Will consider selling separately. Ph: 03-5628-5337.

VICTORIA

LONGWOOD, FORTY AC, substantial brick homestead, potential 12 lot subdivision. Close town, sealed road, shedding. \$185,000. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

BROADFORD, FANTASTIC FOUR ACRES! Enjoy your own creek, wildlife and native plants. Close to town, town water. \$75,000. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

BROADFORD DISTRICT, 75 ac, magic views at a magic price! Secluded bush block with wildlife, dam, creek. Driveway & house site cleared. Just \$63,000. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

BROADFORD DISTRICT, 100 ac 3 x 100 ac lots, mature shade trees, excel grazing, sealed rd & power. From \$87,000. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

STRATH CREEK, 19 ac. Spacious mud brick home, 4 b/rs, mezzanine floor, 2 stables, 4 dams. Country living at its best! \$215,000. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

LANCEFIELD, 3.3 ac, rustic treed setting, huge cedar homestead, over 30 sq living. 5 b/rs, 2 bathrooms, 3 living areas, garage, 60 x 25 shed, gazebo. \$195,000 ONO. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

KILMORE, 249 ac, magnif location with perm crk, 6 dams & paddocks. Privacy & seclusion close to town \$355,000. Robert Gordon Real Estate, High St, WALLAN. Open 7 days. Ph: 03-5783-1911 all hours.

FAR EAST GIPPSLAND, 6 1/2 ac mostly cleared & fenced, 2 b/r home plus s/out. All services. Established trees, garden. \$50,000. Ph: 03-5158-1251.

STRATHBOGIE (near Euroa - 2 hr from Melb), 219 ac of beauty in 2 titles. Offering a balance of bush, boulders & cleared productive land. Nestle yourself amongst flora & fauna while taking in the awesome district views. Various outbuildings (stone). Walk all day through the natural bush. Rare find in a private location. \$155,000 ONO. North Eastern Country Real Estate, 86 Binney Street, EUROA 3660. Ph: 03-5795-1444, 0419-529-723.

MARRAWEENY (near Strathbogrie), 60 acres of scrub & cleared land. Small studio/cottage (stringybark) peaceful & private. Permanent crk water. Stunning property. \$120,000 ONO. North Eastern Country Real Estate, 86 Binney Street, EUROA 3660. Ph: 03-5795-1444, 0419-529-723.

PROPERTY FOR SALE

VICTORIA

MUD BRICK COTTAGE, double storey, 4 ac, 2 b/rs alternative power, orchard, dam. Landsborough. \$42,000. Ph: 03-5472-5014.

BALLAN AREA – easy access to Melbourne, 65 peaceful ac, some grazing, some bush. Creek, dam, gullies, homesite, power, adjoins state forest. Koalas, other wildlife. Mud bricks avail. \$72,000. Ph: 03-5437-5293.

EAST GIPPSLAND, 1306 ac, pollution-free, healthy organically farmed country, soil pH 5.7, 25" r/fall, perm crk, dams, well sheltered, lge areas perennial & native pasture, balance hardwood timber. Securely fenced. Comfortable 2 b/r home, elec, ph, all amenities, double garage/workshop. Healthy lifestyle, temperate climate. \$265,000. Ph: 03-5153-1376.

PORTLAND, 3 b/r low maintenance t/pine home. Lounge with w/heater, kit/family room with WIP s/c/stove gas hot plates, verandahs. Views from every window & set in 2.2 ha of gardens & bush with ponds & walkways, orchards (70 f/trees), vegie garden, chook pen. Excellent sheds: 4 bay machinery, 3 m x 3 m storage, 12 m x 4 m double work, 1 1/2 car garage, potting & fernery. Rainwater tanks & bore. This tranquil property is close to Portland, Bridgewater Lakes, Mt Richmond NP, beaches & airport. Abundant wildlife & birds. LFW status. \$138,000. Ph: 03-5526-5383.

SOUTH GIPPSLAND, 10 mins from Tarra & Bulga Nat Pks, r/forest. Twelve mins from town, Yarram. Nine lush ac surrounded by natural bush. Abundant birdlife. School bus at gate. Lovely vegie garden, f/trees, pool, chook house etc. A happy home offering 3 double b/rs, 2 with built-in robes, main with walk-in robe & en suite. Bathroom with slate floor. Lounge with wood heater. Kitchen has walk-in pantry, dishwasher, double oven & dining area. Formal dining room with gas heater, also room for office. Huge laundry, sewing room. This is truly a wonderful property. \$155,000 ONO. Ph: 03-5186-1280.

GORDON, CHARMING 6 ac property, 1 hr W Melbourne CBD, 15 mins Ballarat. Only 300 m off Western Highway, yet quiet, extremely picturesque location. Immaculately maintained, professionally renovated/extended 3 b/r + office/study, Hardiplank home. Spacious, custom-built, country-style kitchen, lge windows, low maintenance interior, practical laundry/vegie storage area. Large bathroom, separate toilet. Northerly aspect with built-in sunroom for extra living/entertaining space. Rear porch with 2 way decking ramps. Ample, near-new wood heater, LP gas cooking/instant hot water services. 8000 gal tanks, abundant 3-sprinkler-sized bore, lge hay shed, wood shed, 25' x 40' shed with concrete/power. Fruit/nut orchard, enclosed poultry run, vegie gardens, berry patch, scented roses, lavenders, herbs, fertile red volcanic soil, extensive boundary plantings, wildlife/birdlife. Decent, friendly, alternative, nonintrusive neighbours. Lifestyle opport within commuting distance. Hard work done, just move in. Live that GR dream today. Regretful sale due to work posting. \$156,000. Ph: 03-5368-9170 after 6pm.

TRESCO DISTRICT, 75 ac fenced, dam, sheds, c/van, solar power, tractor with plough blade etc. \$65,000. Ph: 03-5037-2999.

GRASSIFIEDS

DEADLINES: GR 133 – APRIL 30TH
GR134 – JUNE 30TH

MELBOURNE 1 1/2 hrs, undulating 27 ac native bush block off the Maroondah Highway, 10 mins from Marysville. Fern gullies, views, seclusion. Driveway to housesite & dam. Power avail. Lovely, unspoilt land. \$69,500 ONO. Call owner 03-5976-1090 anytime.

NORTH-EAST VICTORIA, Omeo area, Cassilis, approx 20 ac 1 hr Mt Hotham, partially fenced, pasture & lovely treed areas, 3 dams, lge shed with 18' c/van under, water tank, home site, magnif views down CASSILIS VALLEY. \$37,000 ONO. Ph: 03-9568-3253.

WESTERN VICTORIA, peaceful seclusion, no neighbours, scenic views, 10 ac, dam, yards, stables. Used for self-sufficiency, comfortable old farmhouse, 4 b/rs, w/i/pantry, open fireplaces, potbelly, gas HWS. Dog kennels, aviary etc. Priced for quick sale, consider rental arrangement. \$46,000. Ph: 08-8737-3337 AH, 0418-857-313 mobile.

BRANXHOLME SW Victoria, 4.5 ac, neat 3 b/r home, c/port, verandahs, lovely gardens, 30 x 20 shed, 2 small sheds, 2 fenced paddocks (ideal for crops or horses), water tanks (10,000 gal), property on spring-fed crk, successful organic crop grown (certified through NASSA). Excellent potential to earn income, f/trees, chook pen. Walk to school, shop & transport. Perfect hobby farm. Bargain \$75,000. Must sell. Ph: 07-4946-5938.

MUD BRICK COTTAGE, double-storey, 4 ac, 2 b/r, alternative power, orchard, dam. Landsborough. \$42,000. Ph: 03-5472-5014.

CHINKAPOOK (Mallee), Swan Hill 66 km, 37 km to Murray River at Nyah West. Hardiplank home, 16 sq, 3-4 b/rs. Garage + c/port, very lge workshop/shed. Arrow wood heater. Town water + tank. Urgent to sell to best offer. Ph: 03-5035-1435.

ARARAT, COUNTRY LIFE with city services. Immaculate solar passive & insulated Aussie Clear treated cedar cottage with fuel heater, gas hot water & stove, 2 b/rs, spacious living area & plenty of outdoor living adjoining sml bush reserves & creek. Suit perm or weekender. \$63,500. Open-minded to swaps, vendor terms. Ph: 03-5356-2321.

SANDY CREEK, picturesque NE Victoria Valley, 30 mins from Albury/Wodonga, close to wineries, ski fields, historic towns. Three adjoining properties (2 x 9 ac blocks, one 159 ac). Could be sold separately or as a whole. Planning permit, power avail, abundant water – 35" r/fall, perm crk (complete with waterfall), spring-fed dams. All properties would suit either intensive or alternative agricultural pursuits. Outstanding house sites. Adjoins state forest. Vegetation ranges from blue gum gullies, stringybark, peppermints & box hill country; with an understorey of wattles, climbers & native pea flowers & a ground cover of kangaroo grass, wallaby grass & grass trees, which all provide excellent habitat for a wide variety of native birds and animals. The property has been assessed for Land for Wildlife & a Trust for Nature Covenant. \$99,000 for 159 ac, \$42,000 for each 9 ac block ONO. Enquiries 02-6027-1497.

VICTORIA, SOUTH GIPPSLAND, in a beautiful spot, a 4 b/r, brick veneer house on 12 1/2 ac, with a 45 site c/van park. Half full of annuals and a regular clientele. \$300,000 ONO. Ph: 03-5186-1216.

ONE HUNDRED ACRES, 2 hrs west of Melbourne. Two modern homes, one with feature rock walls, good shedding, 7 dams, 6 paddocks, beautiful views, secluded but 4 km from town with all amenities. Ideal self-sufficiency – olives, vines, small stud, farm holiday or b&b. \$235,000 ONO. Ph: 03-5349-2697 or 0417-317-393.

SOMERVILLE – MORNINGTON PENINSULA, Sth Victoria, 13 1/2 ac, geodesic dome, 3 b/rs, lge main with en suite. Open plan parents' retreat. Two dams, lots of bush/paddocks etc. Must see \$260,000. Ph: 03-5976-2231 BH, 03-5977-5931 AH.

TASMANIA

MAYDENA – MOUNTAIN WILDERNESS 3 b/r w/b house, wood heater, fully insulated, lovely views. Triple corner block (3 titles). Space for house cow, etc. Only 1 1/4 hrs from Hobart, between 2 nat pks in r/forest region. Delightful rural township, great primary school. Eco-growth area. \$39,500 ONO. Ph: 03-6288-2293.

CHURCH, 1874, St. Virgilius, stone, 6 acres, mid north. Clare 1 hr sth. Open space 15 mx7 m, tastefully renovated, period features, spa, timber kitchen. Magnificent private garden setting, i/g pool, pergola, c/port, fowl yard, vegie/herb garden, orchard. Bore, 5000 gal r/water. \$82,000 ONO. Consider rental \$110 pw, or vendors terms 10% deposit. Ph: 08-8651-6056.

TASMANIA, NORTH-WEST, scenic Wilmot area, facing north. Character house, enclosed balcony, 3 b/rs, lounge – woodheater, kitchen – combustion stove, hotwater, electric stove, bathroom, laundry, toilet, r/water. Lovely gardens, sheds, barns, double garage, art studio, balcony. Ten ac, suit sheep, poultry, possibly viticulture. Eight ac fantastic forest, trees to 35 m. Two km primary school, 40 km Devonport, high school, 45 km Cradle Mountain Nat Pk, 6 km Lake Barrington. Great opp. Early evening calls Tasmanian time. \$120,000 ONO. Ph: 03-6492-1369.

SHEFFIELD \$90,000, 12.5 ac, 3 b/r mud brick healthy house. Eco Real Estate, ph: 02-9528-8614. www.eco.com.au

FOREST PARADISE, private rd to secluded timber home. Nestled between Sugar Loaf – Saddle Back and Quamby Bluff. Looking onto the Great Western Tiers. 52 ac, 25 ac fenced for venison/emu, 27 ac of wonderful forest. Dams, rivers, springs, rivulets, spectacular wildlife, abundant trout streams, sml orchard, 8 solar panels, 6 tonne battery storage capacity, wired for 240V/12V generator. Second home stone house requires renovations. Beautiful Deloraine 20 km, close to Great Lakes, 40 mins from Launceston/Devonport. \$148,000. Ph: 02-9939-7205.

WESTERN AUSTRALIA

BROOME 200 km from Fitzroy River frontage, 3143 ac: 2200 special agricultural lease, 943 f/hold: Abundance of water, house, cottage, workshop, generator, bores, 100 head of cattle. Suitable for ecotourism, horticulture & aquaculture \$450,000 ONO. Ph: 08-9192-1402. PO Box 1552, BROOME 6725.

COMMUNITIES/SHARES

FAR NORTH COAST 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 acres, u/house garage & workshop. Organic gardens, f/trees, complete privacy. Power, ph, cabin, u/cover c/van. Secure strata development. School buses. \$159,000. Ph: 02-6633-7033.

PEOPLE INTERESTED IN CREATING COMMUNITY LIFESTYLE in harmony with nature. People of spiritual beliefs, regardless of religion, age, race or financial status. Write to: Marlene & Ken, PO Box 44, CROWS NEST, QLD 4355.

THE RIM OF THE WORLD, Ebor, 1/4 share (5 ac) of over 200 ac community of temperate paradise. Approximately 1350 m high and 45 mins from Dorrig. Gravity-fed pristine spring water close to loft-style house, elevated views, surrounded by ancient Antarctic beech forest. Abundant wildlife, 1 ac fenced, new 5000 gal tank, huge shed, fully estab veggie garden, good variety f/trees, wood stove/hot water system, compost toilet. House requires bathroom, finishing touches. Solar power with plenty of lighting, 1200 watt inverter. \$70,000. Ph: 02-6775-9203.

COHOUSING GROUP FORMING, MALENY QLD. Ph/fax: Noah, 07-5429-6245.

PRIVATE PARADISE, 20 mins Lismore, 5 1/2 ac. Gorgeous mtn views, estab gardens, thousands of \$ of plants, medicinal/culinary herbs, flowers, food plants, natives, shrubs etc. Nearly 300 irrigated f/trees (incl 50 mangos, 50 asst citrus, 40 avocados, 40 macadamias & over 100 other tropical fruit/nut trees). Abundant water catchment, 2 tanks, lge dam & pump. Also incl 12 m x 6 m pole shed, comfortably set up as temporary dwelling. Eat-in kitchen, wood heater, gas fridge, stove & hot water. Solar powered lights/TV etc (240 close by if desired). Huge organic veggie garden, chook pen, garden shed, u/cover c/van, c/port, ph, school bus, birdlife, wallabies etc. \$66,000 ONO. Write: PO Box 48, ROCK VALLEY, NSW 2480.

NAMBUCCA HEADS 1/2 hour, affordable land, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 ac, crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, all year crk, swimming holes. Was \$45,000 now \$33,000 ONO. Ph: John, 02-9999-1006, or Jen 02-6564-4118.

BUSINESSES FOR SALE

WHOLEFOOD SHOP, excel location in busy shopping centre, Devonport, Tasmania. Established 5 yrs. Growing turnover & customer base, with great potential for further growth. Genuine reasons for sale. Ph: 03-6424-2987 AH.

JERVIS BAY AREA - WANDANDIAN, 28 km south Nowra. (1) Unique, crafted rammed earth (B & B) home with 8 ac permaculture & untapped agri-tourism potential. Has 2 (1ha) potential subdivisions \$295,000. (2) Modern brick house on 40 ac with goat facilities & 55 Boer/Cashmere goats & cattle. Prime location for Boer stud. Two crks/crk flats with untapped agricultural & tourist accom potential. Zoned for potential 4 (1)ha subdivisions. \$395,000. Both properties have combination of LIFESTYLE ATTRACTION, INCOME EARNING, SUPER INVESTMENT. Stunning farm/mtnr/views & gardens. Unique country charm with all pioneering, hard yakka done. Ph: 02-4443-4266.

GRASSIFIEDS

PLACING AN AD?

See page 71 for details

OUTBACK BUSINESS, SOUTH AUST, well known bakery/cafe in Copley, nth Flinders Ranges, estab 14 yrs, specialising in quandong (native peach) pies, great fresh food & friendly service in beautiful garden settings. Four b/room house adj, avail to rent or buy. 9 1/2 months trading (80% retail), good hours, comfy income, time to explore area. Business \$ 110,000, incl recipes & training. Brochure & figs avail. Ph: 08-8675-2683.

B & B GUESTHOUSE, award winning, long estab, 8 rm business on 20 ac in Yarra Valley. Incl managers 18 sq residence. Beautiful location in Victoria's premier tourist area. \$500,000. Ph: 03-5962-3939.

GALLERY/TEA HOUSE, residence and 3 star accom in the village of Yanakie, 5 km from Wilsons Promontory Nat Pk, Victoria. Estab 8 years & first time offered, with a sound proven & growing income (section 52 available), to suit artistic folk, with a love of this clean & untouched part of the world. School bus passes door, Foster/Fish Creek 15 mins away. \$295,000 ONO + SAV. Ph: 03-5687-1347.

FOR RENT/ CARETAKER WANTED

BLUEWATER: TROPICAL PARADISE 30 km north Townsville, 2 b/r mobile home, 2 1/2 ac, crk, trees, birds, n/s. \$50 pw, exchange organic gardening. Ph: 07-4788-6201.

THREE BEDROOM COMFORTABLE mud brick home, Bega shire SE NSW. Lovely setting with rivers/beaches. Preschool & school bus route. 12 volt solar. Looking for caring long-term tenants. \$80 pw. Ph: Bill, 03-5883-2408, 02-6494-2027. Sylvie, 02-6494-1878.

BETWEEN CASINO/TENTERFIELD, NSW, Hill-top house in bush, solar lighting, wood stove hot water, reasonable rent with some caretaking responsibilities. Ph: 08-8952-8693.

CARAVANS, Mount Burrell, 2484 NSW. Ph: 02-6679-7065.

HANDYMAN TO HELP ON FARM in exchange for accom. Ph: 02-6679-7065.

WANTED, SMALL ACREAGE, 5 - 10 ac far north NSW, Mullumbimby area - MO fine. To build house & preserve land. Ph: 02-6674-5146.

VICTORIA WEST-CENTRAL. Rent/buy/caretake. Modest dwelling, good condition. Peaceful environment, for caring female, 60 yrs, studious, healthy. Limited funds. Ph: 08-8552-3306.

IF YOU KNOW THAT GOD so loved the world and you need a place to rest. We have a bush retreat to share, water, elec, wood stove, chooks & f/trees. If quietness & confidence is your strength please write to: The Bush Retreat, PO Box 1016, PROSPERINE, QLD 4800.

SECLUDED MOUNTAIN BUSHLAND RETREAT, 45 mins from Coffs Harbour, 3 b/r, furnished, lge fenced yard & paddocks. Alternative power system, open fire, wood & gas stoves. Ideal for birdlovers/star gazers/writers, 6 mth lease, after Easter. \$125 pw. Ph: 02-6654-5313.

DEUA RIVER FRONTAGE for rent, 15 mins to Moruya, beaches, 3 b/r stone house, solar, 10 ac fenced river flats, unlimited water, school bus, ph. Beautiful area. \$175 pw. Ph: 02-9387-6620.

CARETAKER DUTIES, EXCHANGE free rent of cottage or c/van site on scenic Tableland property. M Simkins, 14th Ryan Close, BRINSMEAD GLEN, CAIRNS 4870.

FREE RENT FOR CARETAKER/HOUSE-KEEPER, n/s, drug free, can be single parent, share in income. Also cabin or c/van to rent, cheap, on self-suff farm. Write to: DGB, PO Box 95, BAL-LANDEAN 4382.

Email: danny@halenet.com.au

PROPERTY WANTED

WANTED, LAND IN GRAFTON/Armidale/Tenterfield triangle, perm clean crk, between 20-100 ac, perhaps dwelling. Ph: 02-4739-8280.

WANTED SMALL ACREAGE, 5 - 10 ac far north NSW, Mullumbimby area - MO fine. To build house & preserve land. Ph: 03-6674-5146.

VICTORIA WEST-CENTRAL, Rent/buy/caretake. Modest dwelling, good condition. Peaceful environment, for caring female, 60 yrs, studious, healthy. Limited funds. Ph: 08-8552-3306.

FAMILY OF THREE ADULTS, 2 children, dogs, cats, birds, chooks etc, seeking property btwn Kyogle (nth NSW) to Mt Perry west of Bundaberg. 10 - 30 ac with livable dwelling, water, power. Limited funds - possibly up to \$70,000 - no share properties. Property sought from Aug/Sep 99 - may consider earlier time frame for right property - may consider rent/buy option. Ph: 07-3814-4159. email: vesom32@hotmail.com

WANTED TO RENT/ CARETAKE

WANTED TO RENT, small house/cottage for mother & son (3 y/o), in Southern Highlands NSW. Gardening/bush regeneration skills provided. Good refs. Ph: Anna, 02-4465-1540.

WANTED

WWOOFers WANTED in 1999 for WA outback sheep station, 200 km from major coastal city. Help wanted with shearing, mustering & maintenance. All enquiries welcome: 08-9962-9596 AH.

WWOOF/SURF TRIP. Looking to travel around Oz, seeking work, surf & companion. I'm 25 yr old Cancer/Leo male, with own transport, need places to stay, eat, work & surf. Ph: 0417-031-760, or write: Shane Cubitt, PO Box 465, GLENROCHY, TAS 7010.

MATURE COUPLE REQUIRED (farm), Emerald, Qld. Between the two of you, you will be able to cope with: healthy cooking & house cleaning for very modern homestead; general maintenance of farm buildings, yards, f/trees & organic garden. C/van accom with all amenities, own yard provided. Must have own transport. Good wages for right couple with experience & good references. Remuneration discussed after application. Write to: Personal, PO Box 1168, EMERALD, QLD 4720.

WANTED

HELP! ACT OR NEARBY, 40 yr old skilled tradesman, carpenter, builder, plant operator, requires spot to set up my solar powered composting toilet etc. Transportable cottage, just built, very tidy unit. Pay rent or work swap arrangement. Recently separated, moving to be near to children. Ph: Bernie, 02-6341-1105, mobile 0412-611-360.

WANTED, ACRES WITH DWELLING, power, perm crk. Within 30 mins Lismore, Ballina, Mullumbimbi, Murwillumbah, Tweed Heads. Up to \$80,000. Ph: Max, 02-6928-4538.

HANDCRAFTS

BUNDLES OF STRANDED COTTON available. Stranded cotton in bundles of 100* 8m skeins in 50 assorted colours. \$20 post free. Colours matched to dmc numbers. The big bundle of Stranded cotton of 240 colours - \$50 post free. Send 45 cent stamp for free price list. Bankcard, Mastercard, Visa, money order, cheques. Arts & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8277-9402.

SPINNERS - COLOURED FLEECES ROMNEY X MERINO, also mohair, all \$10 kg + postage. 'Lamgora', 55 Allen Rd, M/S 483, GYMPIE 4570. Ph: 07-5483-1251.

BUCKWHEAT HUSKS, make your own pillows. Australian grown, no pesticides. Small & bulk orders. Made pillows avail also. Just Natural Ventures, Ph: 03-9481-1872, fax: 03-9481-1875.

MAKE YOUR OWN NATURAL SKIN CARE. Base ingredients (essential & veg oils, beeswax, unscented creams, shampoos), professional or personal use. ECO-NATURE natural product supplier. Shop 17A, Havelock Ave, COOGEE, SYDNEY. Wed - Fri 11.00 - 4.30; Sat 10.00 - 4.30. Also organic products (herb tea, seeds, garden goods). Ph: 02-9664-6085.

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

WAX SUPPLIES for all crafts, candle, beeswax, sealing wax, sculpturing & colour dyes, wick, polish and advice. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

BEADS! BEADS! BEADS!: Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits available. Cost \$8 for samples, colour copy and info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

HEALTH & BEAUTY

PAWPAW, LEAVES & GREEN FRUIT for cancer treatment. Grown without insecticides, fungicides. More info ph: 02-6628-0151.

HANDMADE PURE VEGETABLE OIL SOAPS. These natural soaps are suitable for people who have sensitive or problem skin. For a product brochure send SAE to: Bushcraft Soaps, Lot 3 Counter Rd, M/S 591, GYMPIE 4570. Ph: 07-5486-7299.

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PAIN RELIEF WITHOUT DRUGS. For free info send SAE to: J & G Lilley, 7 Blokland Crt, MS 231, HATTON VALE, QLD 4341.

HANDMADE PURE, NATURAL 100% vegetable oil soaps, enhanced with high quality essential oils, fragrances & minerals. Send SAE for brochure to: Saffrons Earthly Pleasures, PO Box 5162, GLADSTONE 4680.

HOMOEOPATHIC KITS to assist your child's natural immunity. Covering 0 - 5 years. Full instructions incl. Send SAE for more info, or \$45 incl postage for kit to: S L Products, PO Box 22, STH CAULFIELD 3162.

NEEM THE MIRACLE HERB. As seen on 'The Best of Landline', Jan 17. Psoriasis, head lice, acne, eczema, ringworm, scabies, cuts, wounds, fungal infections, burns, bites etc? We produce neem soap containing the 43 important medicinal properties inherent to neem. With 10% certified organic neem leaf oil, 2% dry neem leaf powder and 2% neem tea. For chronic and mild skin conditions. Damaged skin. Regenerative and restructuring properties. **SKIN CANCER?** Reports coming in state 8 months cure. Mine went in 4. Only a little scar tissue remains. No 'secret' ingredients. It's been around for 4500 years. Also certified organic neem oils. Information email jopax@bigpond.com or stamped A4 SAE to: The Neem Machine, PO Box 7139, St Kilda Rd, MELBOURNE, VIC 3004.

PURE BFA-CERTIFIED GREEN BARLEY, 200 g, \$27; Stevia, Sweet & Safe, 60 pages, \$8.50; Stevia leaf, 100 g, \$9; Stevia liquid, 30 ml, \$9.50; Stevia extract, 25 g, \$9.50. Order with payment (incl postage): Gee Wollnick, GPO Box 2859, BRISBANE 4001. Information: (SAE). Email: stevaliquid@hotmail.com

PROFESSOR ARNOLD EHRET Has anyone had success using his methods? Are there any clinics practising his techniques? Please help, this is urgent! Write to: Bobby John, 191 Arnaud Street, MARYBOROUGH, QLD 4650, or ph: 07-4122-1023.

NATURAL DIETARY SUPPLEMENTS at discount rates. Oxichel, Emugen - Herbanol, Pharmalliance Products. Please send \$5 and SAE for sample tablet tray and brochures to: Brian O'Riley, PO Box 1351, MURRAY BRIDGE, SA 5253, or ph: 08-8531-1411.

FOOD AND KITCHEN

BEE POLLEN, no additives, 450 g sample pack \$10. 1.9 kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

WATER, PURE WATER, 100% hydrogen & oxygen. Just as nature intended. Invest in your health with a pure water distiller. Guaranteed to consistently produce pure water, free of bacteria, viruses & all other contaminants. Your body will love you. Also a range of home flour mills. Perfect flour from coarse to pastry-fine. Lifetime warranty. More info ph: Bread 'N' Water. Freecall: 1800-888-880.

MISCELLANEOUS

LITTLE ARK FLOUR GRINDER (never used) \$30, Rover petrol composter/shredder \$100, pottery kick wheel \$75. Bee hives, everything for the beginner, 5 complete 2-tier 8-frame hives, bee suit, smoker, apiarist course of books & tapes, jars etc. \$300 the lot. Offers considered for preserving jars & a one-man portable shearing stand. Ph: 02-6864-1126 after 18th April.

RAILWAY CARRIAGE, old Sydney red rattler \$3500. Ph: 02-6454-4005 after 7pm.

DID YOU KNOW? Inkjet printer cartridges are refillable! You can save up to 90% on inkjet printing costs by re-using your cartridge. Phone, fax or write for more info: Ink Again, PO Box 1851, GEELONG, VIC 3220. Ph/fax: 03-5224-1970, or mobile: 041-987-1414.

BOOKS, NEW AND PRELOVED, herbs, edible plants, stamps, coins, penpals & much more. Free catalogues. TIC, Box E496, MORISSET, NSW 2264. Ph: 02-4970-5694.

FRENCH SMAP 1000 stone flour mill. Capable of 18 kg in a straight run. New price - \$1200 - will sell for \$600. Ph: 07-4667-0114.

HELP SAVE KAKADU from the Jabiluka uranium mine. Ring the Jabiluka Hotline now: 1300-360-565.

CAN YOU USE SIMPLE HAND TOOLS? Full or part-time. Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107, Cedar Creek Road, via MILLFIELD, 2325. Ph: 049-981-659.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

RADIATION-FREE SMOKE ALARMS, battery (\$45) or mains (\$52), photoelectric, postage \$4.50. Ph: 03-5154-0151. 3D Lights, RSD GOONGERAH 3888.

SEPTIC TANKS-HOW TO BUILD/ or how to maintain one. Don't desludge! Treat the cause, Booklet \$20. HG Stephens, PO Box 18, EAST MELBOURNE 3002. Ph: 03-9510-3192.

HOW TO MAKE MONEY selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods + catalogue send \$14.95 to: PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050.

COURSES

PEPPERMINT RIDGE FARM, Tynong North, Vic - now offers Certificate III & IV in LANDCARE (Nationally accredited). Modules offered in 1999: Sustainable Property Planning, Introduction to Landcare, Managing Waterways on Farms - through Gama-dji Education & Community Development (Reg. Training Organisation 1292). Ph: 03-5942-8580. Enrolments now accepted - call for brochure.

PERMACULTURE EDUCATION at Crystal Waters Permaculture Village. Permaculture Design Courses May 1 - 15, July 17 - 31, Sept 18 - Oct 2. Advanced Permaculture Design Course Oct 24 - 30. Hands-On Permaculture Course June 12 - 14. For course details, please contact: SUSTAINABLE FUTURES ph/fax: 07-5494-4833, syzygy@squirrel.com.au, <http://www.permaculture.au.com>

POULTRY COURSE, Sunday April 11th, 1999. With two of Australia's leading poultry experts: Megg Miller (good utility breeds & keeping them productive) and Ian Pollard (showing poultry from breeding to show bench). This full-day course will be run at Australian Heritage Farm. Cost \$50, with enrolments limited to 20 people. Contact us for a course brochure: Australian Heritage Farms, PO Box 14, ELPHINSTONE, VIC 3448. Ph/fax: 03-5473-3491. Email: mullins@castlemaine.net.au
FENG SHUI, basic course, over 2 Sundays, \$88, NSW. Especially suitable for agents & designers. Many other adult & community education courses. For nearest NSW adult education centre ph: 02-9360-8665.

CORRESPONDENCE - PERMACULTURE DESIGN Course. On completion you will have a full permaculture design & management plan for a property of your choice - to suit your needs. For more info contact: Annie Jenkins, PO Box 710, MALANDA, QLD 4885. Ph: 07-4096-6595, or email: nastus@hotmail.com

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare, Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details, write to PO Box 2310, TOOWOOMBA 4350.

LIVESTOCK

WANTED: Nucleus flock of Shetland sheep. Experienced owner, good home assured. SE Qld. Barbara, ph: 04-1246-4428.

HOUSE COW. Jersey X, 3 yrs, also her lge Friesian X heifer calf, 10 mths old. \$275 each ONO. Ph: 03-5783-1518.

PEACOCKS. PR Blues with chicks \$135. Also whites, blues & peds \$60 ea. Ph: 03-5783-1518.

GRASSIFIEDS

DEADLINES: GR 133 - APRIL 30TH
GR134 - JUNE 30TH

SHEEP, 9 CORRIEDALE X, assorted colours, ewes & rams. \$50 ea ONO. Ph: 03-5783-1518.

CATTLE: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian and imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

GARDEN AND ORCHARD

PERMACULTURE PLANTS - Brazilian spinach \$3, Stevia \$10, Lebanese land cress \$3, Ceylon spinach \$3, Water spinach \$3. Post \$1 each plant. Plants guaranteed. 162 Duke Rd. DOONAN 4562. Ph: 07-5449-1186.

BOB MAGNUS'S FRUIT TREES, for my 1999 list of apples, pears, plums on dwarfing rootstocks, plus quinces & hazelnuts please send 3 x 45c stamps to: Bob Magnus, WOODBRIDGE, TAS 7162.

POTATO ONIONS, white seed stock, smalls, packs of 20 - \$12 postage paid. Ph: 03-5424-1434. Beryl Morris, RMB 218, TRENTHAM, VIC 3458.

GROW YOUR OWN GINSENG (Korean/American varieties or seed), ECHINACEA, DANG-GUI, also available. Information: Ted, 'Yesspec', PO Box 2, OMEO 3898. Ph: 03-5159-1575.

ARABICA COFFEE SEEDS OR PLANTS, with growing & processing info. Seeds \$6. Bare-rooted seedling trees avail \$4 each + \$6 p&h to Vic, NSW & Qld. Other areas or enq. ph: Colin Westwood, 02-6672-5834. PO Box 377, MURWILLUMBAH 2484.

APPLE TREES: Now is the time to propagate your own for your garden, sell at markets, fun project for children. Send \$20 for instruction pack to: Apples of Temptation, PO Box 77, HARCOURT, VIC 3453.

PERENNIAL PLANTS. Increase the diversity, beauty & health of your garden & orchard by planting hardy perennials. Trialled for humidity & hard frost. Send 3 x 45c stamps to: EASTCOAST PERENNIALS, PO Box 323, WAUCHOPE 2446 for descriptive mail order catalogue.

BAMBOO: PLANTS - BOOKS - FLOORING, 250 species, running or clumping, 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562.

E-Mail: bamboo@bamboo.oz.com.au.

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send a business size SAE to: Worm World, PO Box 204GR, ROLLINGSTONE, Qld 4816. Ph/fax: 07-4770-7001.

FREE \$4.50 packet of mixed gourd seeds when you purchase your new 52 page Gourd Growers Handbook \$18. Mixed packets, Ornamentals, Hardshells, Luffa sponge, Cannon Ball, Calabash, Bean, Bottle, Birdhouse, Goose, Maranka, Coloured Corn - \$4.50 packet. Minimum purchase \$9. Bulk pkt \$10 - 30 seeds. Giant Gourd mix - 9 seeds \$10 packet. All prices include p&p. Money back guarantee. Send your order to: The Gourdfather, PO Box 298GR, EAST MAITLAND 2323. Ph: 02-4933-6624. PS: Craft books also available.

COMPANION PLANTING CHART: Over 90 vegetables, herbs and fruits, including plants as insect repellants. **SOW WHEN CHART:** Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

BAMBOO PLANTS, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

TREE GUARDS all shapes/sizes from under 10 cents each. Bamboo stakes and weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 03-5157-9404.

TOBACCO SEEDS selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

TOBACCO SEED. Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

RAINFOREST SEED COLLECTORS national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed - free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of The Curator lists the sources for thousands of veggie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

HOLIDAYS

DEWA SANCTUARY HEALTH RETREAT, 10 mins Coolumb Beach, Qld. Personalised service, resident herbalist, dietary & lifestyle advice. Vegetarian meals. Ph: 07-5446-6548, fax: 07-5446-6549.

GET AWAY FROM IT ALL. The Lazy Curl bush retreat accom is situated on the south coast of NSW at the back of Milton. Offers 2 self-contained cabins for couples. The first cabin, The Love Shack, has electricity, TV, stereo & tank water. Linen & kitchenware also provided. The second cabin, The Bush Shack, is modern but self-suff, has gas, tank water, linen, kitchenware & the bare necessities for a total escape. Bushwalking & bird watching paradise. Ph: John or Mercedes: 02-4455-2290, fax 02-4455-2582.

BACKPACKER RATES, island fishing lodge, 7 beds. Canoeing, cycling free. See our web site: canoeworld.com Fishing tours, dogs welcome. Ph: 07-3409-1960.

EUNGELLA NATIONAL PARK, Finch Hatton Gorge, great swimming holes, excel bush walks. Lowland r/forest, beautiful butterflies. Self-contained cabins overlooking spring-fed crk. No mobile phone or TV reception, just peace & quiet. Ph: 07-4958-3281 to leave the rat race behind.

*Please print your ad clearly
so we can do likewise*

HOLIDAYS

MORUYA – FAR SOUTH COAST NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 02-4474-2542, pm.

LAMINGTON GLEN – rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

FOR SALE

CANON SOLAR PANELS. At last the breakthrough in price and technology that you've been waiting for! Canon's incredible super module can produce up to 5 amps charge similar to 80 watt BP & SOLAREX units, but deliver superior overall performance & value as they are shadow-tolerant, lightweight & virtually indestructible. Combine this with a 20 year warranty & you should realise why crystalline panels are now virtually obsolete, & why Energy Australia recently installed 200,000 watts of them at the new Singleton solar power station. Super deal to Grass Rooters only, only \$499. Cheap freight. Ph: Universality Of The Sun, 04-1893-4607.

CANON ROOF INTEGRATED POWER MODULES. These fantastic solar modules actually become part of the roof, saving building costs & delivering a clean, uncluttered appearance that is simultaneously restrained yet high tech. Power output similar to 80 watt BP & Solarex panels. Introductory offer only \$450 per unit, minimum purchase 6 units. Free freight to capital cities. Ph: Universality Of The Sun, 04-1893-4607.

SELECTRONIC INVERTERS. Model SE-12/24, maximum 2000 watts, only \$999. Model SE-22, maximum 5000 watts, only \$1999. SE-30, maximum 6500 watts, only \$2550. All units are true sine-wave. These are special mail order prices for Grass Rooters only. Ph: Universality Of The Sun, 04-1893-4607.

SOLAR TECHNOLOGY DESIGNERS CATALOGUE 1999/2000. Now entering its 10th year & still shining, this authoritative 160 page manual/catalogue is endorsed by thousands of Grass Rooters as their renewable energy bible! Written by leading solar engineer Christopher Darker in a unique easy-to-read style & divided into 15 chapters, it covers critical topics of energy self-suff: Formulating an energy budget, power system sizing, solar panels, trackers, wind generators, batteries, inverters, energy efficient appliances, passive solar buildings & a vast range of related issues. From beginners to experts this is undoubtedly the first & perhaps the only book to read before designing, purchasing or assembling a renewable energy system. Includes discount trade price lists that could save you thousands. Only \$79. To order ph: Universality Of The Sun, 04-1893-4607.

AMPAIR WIND GENERATOR. Maximum output 8 amps at 12 volts or 4 amps at 24 volts. If you need a small wind plant to back up your solar panels, the AMPAIR has proven to be the most reliable of them all. Introductory offer only \$1300. Cheap freight. Many other wind generator specials. Universality Of The Sun. Ph: 04-1893-4607.

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DEADLINES: GR 133 – APRIL 30TH
GR134 – JUNE 30TH

DUNLITE WIND GENERATOR. 110 volt 5 KVA, tower 40 ft. Woods d'Alamatic 15 amp continuous battery charger, 70 2 volt batteries. Ajeet 3 phase generator with fly wheel. Best offer. Ph: 03-5258-3326.

CANON SOLAR PANELS. Latest technology at electrifying prices! Genuine five amps output. Equivalent to 80 watt Solarex, Siemens, BP etc. Introductory offer only \$499, cheap freight. Many other solar specials. Universality Of The Sun. Ph: 04-1893-4607.

SOLAR WATER DISTILLATOR converts up to 3 litres per day of tapwater, borewater, seawater, any water into pristine, clinically pure, *nectar of the Gods!* You will be astounded and delighted! No filters, chemicals, electronics or moving parts in this fully portable high performance unit measuring only 1125 x 520 x 120 mm, weighing 10 kg. Only \$399. Money back guarantee. Universality Of The Sun. Ph: 04-1893-4607.

SELECTRONIC INVERTER. Model SE-12/24, maximum output 2000 watts, true sinewave. Introductory offer only \$999. Cheap freight. Many other inverter specials. Universality Of The Sun. Ph: 04-1893-4607.

UNI-SUN DEEP CYCLE BATTERY. 6000 watt-hour capacity, 12 or 24 volts. Up to 5 year cycle life. Suitable for small to medium size domestic solar power systems using gas refrigeration. Introductory offer only \$899. Cheap freight. Many other battery specials. Universality Of The Sun. Ph: 04-1893-4607.

'SOLAR TECHNOLOGY DESIGNERS CATALOGUE 1999'. Almost 10 years on and still shining! Australia's leading renewable energy manual and source book. If you want more great bargains as listed above, plus a treasure trove of solar knowledge, here's the Grass Rooters Bible! This book will save you thousands of dollars on mistakes you won't make, and exorbitant prices you won't pay! See our display advert for further details. Universality Of The Sun. Ph: 04-1893-4607.

SERVICES OFFERED

PSYCHIC CLAIRVOYANT, gifted teacher, healer, Reiki Master. Phone readings: 07-3409-1198. Visit www.canoeeworld.com/TeryVeness.htm

HOME PLANS. 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for handcrafted buildings (83 homes and 9 workshops, cabins, and carports) of mud brick, rammed earth, stone, pole-frame, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail \$68 (p&p incl) to: John Barton – Building Design, 31 Sharp St, NEWTOWN, Vic 3220. Phone and enquiries to: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted. Free brochure available.

To avoid disappointment ensure
your ad meets our deadline

MUD BRICK (EARTHWALL) TESTING – certificate for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

OPPORTUNITIES

SEEKING RETIRED COUPLE who are keen organic gardeners looking for an alternative lifestyle, free accom. Share in the fruits of a lge orchard, vineyard, berry patch, vegie garden & livestock. NE Tasmania on Brid River. Please ph: 03-6352-7352 for further info.

WANTED, PREFERABLY WOMAN, motivated, interested growing herbs for living. Ph: 02-6679-7065.
MATURE INDIVIDUALS FOR COMMUNAL HOUSE. Interests in the following would be advantage: spirituality, meditation, gardening, craft, health, cooking, sharing & caring, nonsmoking. Age no problem. Western slopes NSW. No capital needed. D Perry, PO Box 306, BOWRAL 2576.

RECEIVE WEEKLY CHEQUES, maximise your health, special fruit juice from Tahiti, possible free Tahiti trip. Write free report: Janice Gough, 42 Faul Street, CHARTERS TOWERS 4820.

HOW TO SELF PUBLISH YOUR OWN BOOK and make it a bestseller. Distribution, printing, libraries, resources. Call for free report. Ph: 07-4787-3788.

THE NEWLY FORMING RAVENSHOE HEALTH RESORT is commencing a permaculture section on 300 ac of r/forest on the Qld Atherton Tablelands. We are seeking applications in writing to come for 5-10 days to see if what we have is suitable for their lifestyles. The new project requires participants with organic, herbal & alternative medicine knowledge who are all-round self-suff people. PO Box 409, RAVENSHOE 4872.

TRAVEL AUSTRALIA, searching for female travel companion with a sense of adventure to travel Aust in comfortable motor home. Leaving Brisbane Jan 2000. Ph: 0412-338-607 evenings.

CALENDAR EVENTS

OPEN GARDENS, a variety of gardens in the Sherbrooke area of the beautiful Dandenong Ranges open to the public, May 2. Great family day out. Fund raiser for Kallista school, kinda, fire brigade. For info call Jan Johnson, 03-9755-2633 BH, 03-5968-3097 AH.

HERB SOCIETY OF NORTH QUEENSLAND INC, Seventh Australian Herb Conference, The Cathedral School, Townsville, 7th - 9th July 2000. Direct all enq to: PO Box 314, AITKENVALE, QLD 4814. Ph: 07-4773-6327.

FORUM ON THE GLOBAL FUTURE OF HERBAL MEDICINE, Southern Cross University, Lismore Campus, from 16 - 18 June. More info: Monique Lewis, 02-6620-3172.

HOBBY FARM EXPO, Sunday 19 September 1999, 9.00am - 5.00pm, Landsdale Farm Resource Centre, Landsdale Rd, LANDSDALE. Will incorporate everything for those who own or have dreamed of owning a small acreage property or lge garden. All enq to: Simon Leaning, 04-1993-6221 or Steve Toghill, 04-1986-3391.

CALENDAR EVENTS

ALTERNATIVE HOUSE TOUR OF THE DANDE-NONG RANGES, Kallista, Victoria, Saturday May 1, 10am - 4pm. Six exciting & innovative houses in the Dandenongs are opening their doors to the public. The buildings feature a variety of stone, timber & load-bearing mud brick. The owners will be on hand to discuss their homes. Cost: \$10 per person, children under 14 free. Ticket sales 9.30am - 2.00pm, Kallista Community Market, 2 Church Street, KALLISTA (MF 75K3). For further info ring Kallista Community House on 03-9755-2622.

ECHUCA STEAM, HORSE & VINTAGE RALLY, 12 & 13 June 1999. A major event which draws enthusiasts & spectators from around Australia to enjoy the sights & sounds of early working steam & oil engines, tractors, vintage vehicles and Clydesdale horses. For enq: PO Box 199, ECHUCA, VIC 3564. Ph: 03-5480-1808.

YARRA VALLEY EXPO, Yarra Glen Racecourse, Saturday 15th & Sunday 16th May. Sustainable Farming & Living will be a feature of this year's event. The focus of the Expo is to increase awareness of environmentally sound living & farming practices in the region and beyond, by presenting people with choices in the way in which they can work and live. Included among the speakers will be Megg Miller, from GR magazine. For details contact: Lorraine, 03-9730-1722.

CRYSTAL WATERS PERMACULTURE Village, 'the motivating edge' conducts 1/2 day permaculture and community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge, Crystal Waters, MS 16, MALENY 4552. Booking is essential.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For information and membership write to: PO Box 48, HARRIS PARK 2150.

AFFILIATED DONKEY SOCIETIES of Australia. For info on membership, magazines and help avail, write to: Mr Ralph Grinly, 18 Inverness Rd, SOUTH PENRITH, NSW 2750, and you will be contacted by the representative in your state.

PUBLICATIONS

SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE: free energy devices, antigravity, hydrogen fuel, magnetic motors, alternate fuels & engines, high mileage, 200+ topics. Send 5 x Aust 45c stamps to: Lostech Archive, PO Box 609 - R, RAVENSHOE, QLD 4872.

'WHY FARM RABBITS?' Shed design, breeding, health, nutrition, set-up costs, costs, returns, breeding programme. Ph: 02-6558-8287.

GET STARTED IN BUSHFOODS. 'The Bushfood Starter Kit' now avail. For a sample, send SAE to: Australian Bushfoods magazine, 38 Mountain View Rd, MALENY 4552.

'NATIVE VEGETABLES.' A no-nonsense hand-book on growing bushfoods, 3 packets of seed incl. \$21.50. D Mather, PO Box 7115, BEAUMARIS 3193. Ph: 03-9521-6749.

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See page 71 for details

GIANT PUMPKINS. Learn how to grow a giant pumpkin in *The Pumpkin Lady Tells*. \$10.95 incl p&p or \$15.00 for book and a packet of Atlantic Giant pumpkin seeds, or send for giant vegetable seed catalogue to: Atlantic Seeds, PO Box 205, SEAFORD, VIC 3198. Ph/fax: 03-9786-0337.

STEINER HOME SCHOOLING? An invaluable teaching manual for those embarking on this heroic but satisfying path. Subjects covered include: training, curriculum, creativity, bureaucracy, discipline, childhood illnesses, reading children's drawings, high school. Send \$12 to: Alan Whitehead, Box 33, BRUNSWICK HEADS 2483 or write. Ring 02-6680-3889, fax 02-6680-4314, or email goldenbeetlebooks@bigpond.com for titles list.

ANNE CRAFT BOOKS. Have you missed one of my four books? 50 easy, inexpensive craft ideas in each, suitable for fetes & markets. Send SAE for details: Anne Mayne, Fragrant Farm, PO Box 561, MUDGELEE, NSW 2850.

'NATIVE STINGLESS BEES' for profit or pleasure - how to get started, Pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat and cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

'CHOOKWISE: A Self Sufficiency Guide to the Management of the Domestic Hen', by Linda Marold. A simple straightforward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. \$12 post paid anywhere in Australia. L Marold, PO Box 54, CASTLEMAINE 3450.

'NIMBIN NEWS MAGAZINE', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we can many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

BOOKS, OLD AND NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

BOOKS, NEW AND OLD. Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

'OWNER BUILDER' MAGAZINE. Building a home? *Owner Builder Magazine* gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK 3116.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

EARTHWORMS. Books & videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free book list from WormWide books, 4 Poppet Rd(G), WAMBOIN, NSW 2620. Ph: 02-6238-3577, fax: 02-6238-3017. Mobile: 0412-112-285.

'BROOMTAIL', an independent quarterly magazine for donkey & mule enthusiasts. Subscription \$20 per year. RMB 3030, EAGLEHAWK, Vic 3556. Ph: 03-5446-9087.

SWAP/EXCHANGE

1978 DODGE BUS MOTOR HOME, incl Suzuki 4 x 4 on trailer. All set up for travel for *Grass Roots* type. Land/house in NW Tassie. Ph: 014-465-531. PO Box 404, BRIDGETOWN, WA 6255.

FOR SALE OR EXCHANGE, down south preference. 5 ac hardwood timber plantation, over 300 20 yr old trees in SE Qld, 2 hrs Brisbane, 30 mins Gympie, Tin Can Bay (gateway to Fraser Island), 1 hr to Hervey Bay. 2 dams at top end of sloping property, crk at back bndry, 2 b/r western red cedar cottage with hardwood floors, claw foot bath, composting toilet, lovely organic gardens. Very private, surrounded by larger properties. Five mins to h/way & shops. \$85,000. Ph: 07-5485-7067.

CONTACTS

NEW SOUTH WALES

MALE, LATE THIRTIES, resides historic village near Orange, with dog & chooks, fully employed tradesman. I enjoy cooking, reading, music, laughing, old Holdens, arts & crafts. Seek female with similar interests for friendship view r/ship. Please reply: Nick (GR 132), C/- PO Box 117, SEYMOUR 3661.

SEEKING FOR FRIENDSHIP, 30+ Christian woman - not Penticostal, Astrological or mystical please! Who enjoys healthy lifestyle, fruit, vegies, organic farming, scientific mind, nonsmoking, non-drugs. I am late 30s, 5'7", unattached soil scientist, northern NSW. Reply to: Martin (GR 132), C/- PO Box 117, SEYMOUR 3661.

WOMAN, 43, new to Sydney area due to monthly shift work. Seeks contact with open-minded, literate, caring & humorous individual, for a slowly developing r/ship. I am interested in bushwalking, travelling, life & thought exchange. All replies answered. Elly (GR 132), PO Box 117, SEYMOUR 3661.

THOSE WHO SEEK are welcome to communicate. Ron Haly, 59 Parker Rd, Cutlew Dr, KUNGALIA 2460.

Please print your ad clearly
so we can do likewise

NEW SOUTH WALES

KIND HEARTED BUSH BOY, 31 yrs old, happy & healthy greenie living in a beautiful boat shed/house on Sydney's busy harbour. Hoping to meet someone who loves open spaces, laughter, good food & a warm smile. Write: MS (GR 132), C/- PO Box 117, SEYMOUR 3661.

CHRISTIAN SINGLES, all ages, all denominations. Send for FREE COLOUR brochure to: PO Box 122, WALLSEND 2287, or www2.hunterlink.net.au/singles

QUEENSLAND

IRISH, ARE YOU OUT THERE? Tall, fit, fun, country girl seeks 60s born compatible male to share love, life, family. Should be honest, hard-working, open-minded, independent & love outdoors, critters, kids, JJJ. Friendship first. Write: Aquarius (GR 132), C/- PO Box 117, SEYMOUR 3661.

FRENCH LADY, n/s, n/d, mid 40, slim, attractive, lifestyle permaculture, natural therapy incl massages. Seeks gentleman same lifestyle interested in sharing lge property in tropical Queensland. Must like animals. Pensioner welcome. Please write: Viviane (GR 132), PO Box 117, SEYMOUR 3661.

NAME: JOH, 57 yr old, n/s, s/d. I like to photograph wildlife, nature & landscape. Also I like beach walking, camping, travelling the Aust outback. At home a simple alternative lifestyle. Would like to meet lady 45 to 50 yr old, active & fit, interested same lifestyle. Joh, C/- PO Box 117, SEYMOUR 3661.

ATTRACTIVE PETITE, dark-haired lady, 40s, intelligent, GSOH, no ties. Interests: animals, nature, permaculture & all the usual things. Seeks positive, caring, educated gentleman. Please reply: Sue, Post Office, LOWOOD 4311.

JOHN ANDERSON, late of Mandurang Vic, phone Colin on 07-4777-7578.

JIM, MID FORTIES, 6', 15 stone not fat, 20 ac property & home, seeking partner for country living & touring. Likes music, gardening, animals, must have sense of humour, happy, enjoy life, casual drinker. Any nationality. Reply: Lot 112, Rocky Cr, M/S 999, DALBY, QLD 4405. Ph: 07-4668-2197.

I AM FORTY TWO and I love all things which are natural & part of us all & I seek a companion who will be with me in this life - a soul mate. Good food, good drink, friendship & music, work & play. All the things which have true meaning. After all I am just a simple man & would love to meet a woman who feels the same. Reply to: BW (GR 132), PO Box 117, SEYMOUR 3661.

I AM HIDING FROM THE world in a secret garden where no one can find me. I wish someone would. Are you a slender, vegetarian, female, 35-50, with no children? Are you sensitive & kind? Do you love nature? Would you appreciate a quiet secluded semi-self-suff lifestyle? I am a sensitive, artistic, intelligent, passionate, hairy man. I practise healing professionally, but cannot relate personally with anyone I meet. I feel alien & isolated. I often get hot & dirty & jump into the dam. I also meditate, play guitar & massage feet. If that interests you, please write: Sanctuary (GR 132), C/- PO Box 117, SEYMOUR 3661.

GRASSIFIEDS

PLACING AN AD?

See page 74 for details

ORGANIC FARMER, interests: arts, crafts, theatre, music, horses. Seeks lady, 40ish, for friendship & possible perm r/ship. Reply: Clem (GR 132), PO Box 117, SEYMOUR 3661.

VICTORIA

MOUNTAIN MAN would love to meet his mountain woman. My name is Terry, I'm 39 yrs old, 190 lb, strong, fit & active, self-employed & financially secure. I enjoy the bush, travelling, the first snows of winter & good friends. So if you're slim, fit & curious, please write me. C/- PO Box 117, SEYMOUR 3661.

CHRISTIAN LADY, aged 42, would like to meet a Christian man for friendship. Interests incl gardening, permaculture, poultry, swimming, cycling, walking, cooking. Please write to: PO Box 1213, BAIRNSDALE 3875.

SEMI-RETIRED GENT (not pensioner) seeking occasional companion again (before I'm 80). Likes: bush around Mansfield, GR lifestyle & budget (house cow, electric fridge). Photo appreciated. James (GR 132), C/- PO Box 117, SEYMOUR 3661.

ERUDITE WOMAN with high awareness & vision, seeker of wisdom, playful & profound. Humane values & global perspective, eclectic pursuits, a penchant for the arts, Mozart, philosophy etc. Deep affinity with nature & the absurd. (I feel a little absurd now.) Meditator. Seeks univ educ man with distinct integrity, notable depth, maturity & compassion. Unambiguous about commitment & cares deeply about r/ships & social justice. You are ready to love & be loved & capable of developing a committed enduring r/ship. Age 40ish. Replies to: Tara, PO Box 167, PRAHRAN 3181.

SINGLE MAN, 38, average looks, 172 cm, 64 kg, s(s,d), GSOH, quiet, gentle, looking for his lady! She, like myself, is lonely & wants a trustworthy & loyal partner. She's 30 - 40, slim/average build & lives in Vic, SA, NSW. My interests incl prospecting, animals, gardening, mechanics, electronics. Wayne, Box 203, WEST BRUNSWICK 3055.

SEEKING POSITIVE FEMALE b/wen age 45 & 60 yrs old, unattached, for friendship. Interested in cooking, organic gardening, fishing, reading, alternative medicine, classical music to folk music, writing, photography, GSOH, must like country living. Please write: Colin Law (GR 132), PO Box 117, SEYMOUR 3661.

SLIM, FIT, ITALIAN BACKGROUND, 65 yrs old, loves country, animals. Wishes to meet Grass Roots-minded lady, any nationality. Ph: 03-9458-2105.

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EARTH-AWARE MALE seeks companion to share lge, graceful owner-built home in 85 ac of revegetating temperate r/forest atop the Strzelecki Ranges. Lge vegie garden, abundant hydro power, wood workshop. Whilst enjoying the company of the resident lyre birds & wallabies, I cannot tempt either to join me for a stir-fry & glass of red. Into: writing, reading & left philosophy, egalitarian, Taoism, Celtic & other music, bushwalking. Almost vegan, 54, 75 kg, 1.8 m, GSOH, affectionate, faithful, divorced. Photo appreciated? Leon, RMB 3477, MADALYA 3971.

TALL, SLIM FEMALE, 46, n/s, s/d, passionate about self-suff, permaculture. Currently in suburbs, love countryside. Interested in medicinal herbs, bush foods & chooks. Like to correspond, develop friendship/r/ship with similar male. Write: JL (GR 132), PO Box 117, SEYMOUR 3661.

CITY GIRL (late 40s) would like to meet country guy (farmer) for friendship/r/ship. Interested in moving to the country & setting up a business (no idea what!). Prefer n/s, s/d, down-to-earth, GSOH (important). Interested in organics, permaculture, vegetarian food, simple pleasures. Please write to: Mary (GR 132), C/- PO Box 117, SEYMOUR 3661.

SOUTH AUSTRALIA

COUNTRY SOLO DAD, 40s, bisexual, calm natured, GR type, trustworthy, discreet, seeks couple or single lady with similar ideals. Please reply to: Richard (GR 132), C/- PO Box 117, SEYMOUR 3661.

COUNTRY CITY CONTACTS, for travel, e-pals or penpals. Send SAE to 86-90 Railway Terrace, PETERBOROUGH, SA 5422.

TASMANIA

MALE - SEEKING slim, fit country girl, 30 - 40 yrs, no hang-ups. Possible future. Likes easy life, horses, stock. Isolated natural cabin life. Property river frontage, likes fishing, privacy etc. The Owner, 1717 Blessington Rd, EVONDALE, TAS 7212.

INTELLIGENT, SENSITIVE LADY, 53, happy & healthy, loves writing, theatre, films, music. Would like to meet n/s considerate, resourceful, independent gentleman for friendship. Reply: Leo (GR 132), C/- PO Box 117, SEYMOUR 3661.

CREATIVE, GENTLE, ATTRACTIVE, intelligent, spiritual, 26 y/o male seeks passionate, sensual, earthy female. Chris Nelson, Lot 1 Bent St, MATHINNA 7214.

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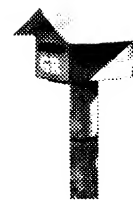
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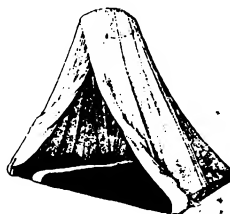
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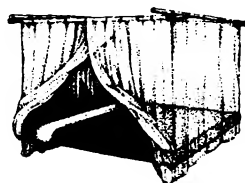
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